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November 12th, 2014 ■ Issue No. 15 ■ Volume 105

THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

UALBERTA

THE

Drinking Game

pg 14

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UALBERTA

BINGO

U of A employee's craft fair inspired by mental health



Kieran Chrysler ARTS & CULTURE EDITOR • @CHRYSLERRR

In 2009, a transfer student from India began working with the University of Alberta's Careers and Placement Services (CAPS) office, while hiding the fact that she was developing serious depression. Then, one wintery morning, longtime CAPS employee Amy Roy Gratton received a phone call from the student that would disrupt the course of her entire day.

The student planned to kill herself that afternoon.

"So when I received that phone call, I kept her on the line (and) chatted for an hour," Roy Gratton reflects. "I went to her home in HUB mall and we spent the whole day together. She decided not to end her life, and she graduated."

From this experience, the two women began a friendship that continued even when the student moved back to India after graduation. However, she didn't leave without giving a gift back to Roy Gratton. Before moving back to India, she left all of her clothes with Amy, and implored her to use them to create purses.

Roy Gratton is both a Career Education Coordinator at the U of A CAPS centre and an avid sewer. Her craft helps her to unwind and relax from the stresses of day-to-day life. She is now taking the student's story into each purse she creates from the clothes.

"The small extras become parts of the bags to give her character into each piece. A dress' shoulder, neckline, pocket, are the details on the bags," she says.

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colophon

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haiku

Dick made me write this

Editor of tyranny

He's such a jerkface

Hey Andrew: fuck you

Say that shit to my face, bitch

Who's the jerkface, now?

We like inside jokes

Nobody gets them but us

Our readers love them



streeters

COMPILED AND PHOTOGRAPHED BY James Davison + Kevin Schenk

As you may have heard, it snowed last weekend!

WE ASKED...

What's your favourite winter activity?



Samantha Belange ARTS I

"Probably hockey. I play hockey, so that's probably why. Because it's fun."



Gareth Frame BUSINESS II

"Laying in my bed with my Snuggie with my blankets watching Netflix. Just the blue one. I'm not trying to get too fancy."



Molly Harries NURSING II

"My favourite winter activity would probably be holding hands and skating. But maybe I should say holding hands with a boy while skating — so a romantic skating night."



Saad Navaid ENGINEERING III

"Ice skating, because I know how to ice skate."



Andrew McCutcheon NURSING IV

"Sometimes it's nice on winter mornings to go for walks to the cafe, just because the sky is so clear and the air is so crisp. I like to snowshoe when I have time. It's the quissential Canadian activity."



Ihar Medvid EXCHANGE III

"Cross country skiing. I used to do it in Ukraine and Europe. I came from Ukraine, so my friends and I would spend a lot of time skiing, especially during the holidays."

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News

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Researcher 'staches razor, works on new cancer treatment

Amanda Short

NEWS WRITER • @THEAMANIMAL

Throughout the month of November, men will be ditching their razors and sprouting moustaches to raise awareness and money for men's health programs. John Lewis is growing a little stubble himself this November, but his contributions to prostate cancer research go year-round.

Lewis, a University of Alberta experimental oncologist and Sojonyk Chair in Prostate Cancer Research, is putting a recently awarded \$1.5 million grant from the Movember Foundation towards devising new innovative ways of testing and treating prostate cancer. Movember Canada's numbers suggest 236,000 men will be diagnosed with prostate cancer in 2014.

"Prostate cancer is the most commonly diagnosed cancer in men," Lewis said. "But no man has ever died of prostate cancer that stayed in the prostate."

Because of this, half of Lewis' team is directing their focus on metastasis, the spread of cancer, while the other half is working with nanoparticles, which are microscopic particles that could contribute to better methods of detection and less-harmful forms of treatment, Lewis said.

"Traditional chemotherapies are completely indiscriminate, so they kill every dividing cell in the body," Lewis said.

The harmful side effects of



HAIR-RAISING RESEARCH John Lewis is working on new ways of treating prostate cancer with a Movember Foundation grant. AMANDA SHORT

chemotherapy is something Lewis' team hopes to reduce significantly, as nanoparticles are able to hone in on and attack only the cancerous cells. These ideas may play a significant role over time, especially with The Canadian Task Force on Preventative Health Care's recent condemnation of the Prostate-Specific Antigen (PSA) test method. The PSA method measures the level of the PSA protein in the

blood, and high PSA levels increase the likelihood of prostate cancer. The PSA method isn't flawed in its ability to detect prostate cancer, but it may lead to overtreatment, as some men undergo prostate biopsies when their cancer poses no threat, Lewis said.

"We have great tests that can diagnose prostate cancer but we don't have a really good idea of how to predict how bad it's going to be,"

Lewis said. "There are a lot of men diagnosed with low-grade prostate cancer, and we estimate that about 50 per cent of these men, even if they've never been diagnosed, would never suffer any ill effects of the disease throughout their whole lives."

As a result, Lewis' team is attempting to isolate a specific protein that will assist methods of detection by revealing the

seriousness of the cancerous cells present.

"What we thought is if this recognizes something that's very specific about metastatic prostate cancer cells, maybe we can use it to develop a test to identify those patients that are at the highest risk for metastasis," Lewis said.

In a successful pilot study with 150 patients, Lewis found that patients who tested positive for cancer developed metastasis 10 years earlier than those who tested negative. Lewis said he hopes to recruit about 9,000 more patients in Alberta for the study over the next five years to help develop a blood and urine test alternative to biopsies.

Until a new and more efficient method is procured, the current PSA will have to do, but Lewis said it should be utilized in a different way.

"What Prostate Cancer Canada and I agree with and are recommending is getting a baseline PSA in your 40s and then watching the change over time," Lewis said. "That can often be a much better signal to a cancer than just one test."

The information the PSA gives is merely information, and it is up to a patient and their physician to discuss exactly what is to be done with it, Lewis said.

"We're looking forward to better more accurate tests in the future," he added.

"For the time being, the PSA is all we've got."

Arts alumnus spearheads discovery of Sir John Franklin's lost ships

Alex Cook

NEWS WRITER

When John Geiger was studying history at the University of Alberta in the 1970s, he was very "Franklin-focused." Geiger spent his 20s thinking, researching, talking and dreaming about the disappeared arctic explorer John A. Franklin and his lost 1848 expedition into Northern Canada's Baffin Bay.

On Sept. 7, Geiger helped spearhead the discovery of Franklin's HMS Erebus shipwreck — an improbable dream come true, 27 years later.

"I was always interested in polar exploration, because that's always been something of interest to me," Geiger, CEO of The Royal Geographical Society of Canada, said while looking back at his time at the U of A. "I didn't think it would be necessarily part of my career."

But had it not been for overly icy conditions, the pivotal archaeological discovery likely would have never happened. While arctic exploration typically battles subzero temperatures on frozen continents, the abnormally thick ice of the Victoria Strait, a primary target area of research for Geiger, forced three vessels off course to the south. It's believed that Franklin's ships became trapped in ice, which led to their demise, but it was encountering and battling ice and that led to the discovery of HMS Erebus.

"In a way, the terrible ice conditions forced us out, and that's where

we found the ship," Geiger said. "It was sort of a happy coincidence that ice was a factor in our finding."

Geiger wasn't on the ship that discovered HMS Erebus at the time, but said receiving word of the discovery was "obviously the most profound moment" of the entire ordeal, although the circumstances which led to the finding gave him "mixed feelings."

"To know that we had this incredible discovery, which is one of the most important archaeological discoveries, it was really incredibly powerful," he said. "But it was also very poignant."

"It also reminded me that we have the story about the 129 men that died on that beautiful ship with that technology culture that continues to influence us today, and were lost in his horrible way."

While the discovery of HMS Erebus was "extremely exciting" and a highlight for Geiger, polar exploration as a whole and studying the 169-year mystery of Franklin's lost vessels set a precedent for the rest of his career.

Geiger graduated from the U of A in 1981 with a Bachelor of Arts degree, where he met physical anthropology professor Owen Beattie. Geiger said the appeal in arctic exploration wavered during his studies at the U of A, but Beattie helped rekindle that interest in the public eye.

"Back in the 1980s and late 1970s, I was of the belief that sort of research wasn't happening," Geiger



EXPEDITION FOR EREBUS John Geiger helped discover the shipwreck of John A. Franklin's ship, the HMS Erebus. SUPPLIED

said. "Modern day interest in Franklin, prior to Owen's research, had largely been forgotten."

"There had been very little active searching and curious research done into the expedition prior to the first field findings in 1981. I think a lot of that credit goes to scholars at the University of Alberta."

Geiger and Beattie would combine their knowledge and research on arctic exploration and co-write *Dead Silence: The Greatest Mystery in Arctic Discovery*, published in 1993 and *Frozen in Time: The Fate of the Franklin Expedition* in 2004,

which chronicled and explained the history of 17th and 19th century British polar exploration, respectively.

For now, utilizing his and Beattie's research could prove instrumental in further exploring the state of HMS Erebus and its crew, Geiger said.

"Through the research that Owen has done to shed light on the physical state of the crews near the end of the expedition, and now, we're going to be able to figure out how they lived ... the final moments of the expedition, what transpired during

that period."

Although Franklin's HMS Terror is still missing, Geiger said he hopes to aid and be involved the planning and searching of the other ship, which would be "monumental" for The Royal Geographical Society of Canada.

Either way, "fixing the eyes of the world" on this forgotten history has brought Geiger "full circle" to his undergraduate studies at the U of A.

"It's certainly extremely exciting and a complete journey in terms of research on Franklin," he said.

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COYOTE NUMBERS CLIMBING Coyote sightings in Edmonton are on the rise, U of A researchers say.

JULIA SHONFIELD

Urban coyote sightings on the rise

Jamie Sarkonak
NEWS WRITER ■ @SWAGONAK

Those who spend time in Edmonton's expansive river valley will see lots of urban wildlife, including songbirds, rabbits and deer. But they might see one more creature whose population has been on the rise and has been playing an important role in our city's ecosystem: the coyote.

■ **"It's hard to manage an animal in the city when the only tool you have is to go out and kill it, because a lot of people don't want them to kill coyotes."**

MAUREEN MURRAY
GRADUATE STUDENT, DEPARTMENT OF BIOLOGICAL SCIENCES

Conservation biologist Colleen Cassidy St. Clair and graduate student Maureen Murray from the University of Alberta's Department of Biological Sciences are examining many aspects of coyote life in the Edmonton Urban Coyote Project, an ongoing project that contributes to the non-lethal management of coyotes in the city since 2008. The project has reportedly seen a steady

increase in the urban coyote numbers and sightings since 2010.

The project has looked into various aspects of urban coyote life, including what foods they eat, what times they're active, and where they like to cross roads. There's also a human component for Edmontonians, which includes an online opinion survey and a place to report coyote sightings. The data is used to find sustainable ways to manage the coyotes by minimizing the need for euthanasia.

"It's hard to manage an animal in the city when the only tool you have is to go out and kill it, because a lot of people don't want them to kill coyotes — a lot of people like having coyotes," Murray said. "So, to have these non-lethal tools is really important in sort of an urban landscape."

Besides the excitement of urban wildlife watchers, coyotes benefit the city ecosystem as well. With the help of volunteers, scat analysis showed that the number one urban coyote food was rodent, with rabbits being a close second.

"Some people think that coyotes only eat cats, so it's nice to show that no (they don't)," Murray said. "The majority of their diet ... is natural food sources."

Coyote encounters with people and their pets are seldom, but

conflicts with coyotes do happen. One solution to this problem is called aversive conditioning, which trains coyotes to be afraid of humans. This is something anyone can do, Murray said.

"Every time we get someone who's worried about coyotes, we tell them to scare the coyote. Make yourself as big as possible. Wave your arms around. Throw stuff (towards) it. Bang pots and pans. Yell at it. Just do anything you can to make the coyote super, super uncomfortable," Murray said.

The coyotes' main threat is from cars. They are most active at dawn and dusk — during the winter, that's rush hour. So drivers can help by being extra cautious when commuting during October and November. Driver awareness goes a long way, but best way to make the city safer for both humans and coyotes is simply education, Murray said.

"I feel like when coyotes are sort of doing their own thing, not really bothering anyone, they can be a really positive thing for people that live in the city and never get to really see wildlife," Murray said.

Anyone interested in volunteering for the project can contact Cassidy St. Clair and Murray at coyotes@ualberta.ca. More information can be found on the project's website at edmontonurbancoyotes.ca.



ALUMNI ASKED & ANSWERED

with
Mary Pinkoski

'1999 BA, '2006 BEd

Current Occupation:
City of Edmonton Poet Laureate and educator at Fort Edmonton Park

What's the one piece of advice you'd give a current U of A student?
Join a student club. It is a great way to meet people and to build a network of friends that can exist beyond the university.

Favourite course or professor?
My former Canadian studies professor Dr. Susan Minsos added so much to my university experience, by not only bringing her classes to life but also through her work with the Canadian Studies Students Association. She was a mentor beyond the role of professor.

If you got one university do-over, what would it be?
I would have joined more student clubs on campus. I wrote for the Gateway and swam on the Pandas swim team and was both president and vice-president of the Canadian Studies Student Association, but I would have liked to have used the clubs to explore something different or new.

Favourite secret make out or study spot?
All my life I have been a competitive swimmer, so I enjoyed studying in the bleachers of the West Pool when I could get access. I found being around the noise and water of the pool great for focusing and a familiar place.

What impact has the U of A had on your life?
The U of A has been a large part of my life, from doing two undergraduate degrees there and now returning to complete a graduate degree. The U of A has been an integral part of my learning environment. It allowed me to grow and learn in new ways and to become part of a learning community that has stayed with me. I am proud to be a U of A alumna and delighted to be able to represent my alma mater in all my future endeavours.

alumni.ualberta.ca/students



Minister of Innovation and Advanced Education visits U of A

Donald Scott visits campus to listen to student leaders, pushes market modifier date back to fully evaluate tuition increase proposals

Richard Catangay-Liew
NEWS EDITOR • @RICHARDCLIEW

The date for when the university will hear back from the Alberta government on proposed market modifiers has been pushed back — again.

Alberta Minister of Innovation and Advanced Education Donald Scott dropped by the University of Alberta on Nov. 10 to meet with student leaders and representatives of various faculty associations and groups on campus to discuss post-secondary issues.

With the tuition increase proposals being the most popular topic brought to the table, Scott said he would like to take more time to evaluate the proposals and announce his decision. Institutions and programs that submitted market modifier proposals were expecting to hear from Scott and the government on Nov. 17 as to whether they were approved or not.

“I don’t have a fixed date for when you’re going to hear back about the market modifier applications. I think they need to be given proper consideration,” Scott said.

Aside from the proposed tuition increases, Scott heard student concerns such as lack of student space, loss of teaching professionals and research positions, safety, budget decisions and communication between administration, students and the government.

Those in attendance included representatives from the Students’ Union, the Graduate Students’ Association, the Faculty of Arts,



MINISTER’S MEETING Donald Scott (middle) with student leaders and representatives at the Nov. 10 meeting.

SUPPLIED

the Interdepartmental Science Students’ Society, the ALES Faculty Student Association, the Law Students’ Association, the Alberta Pharmacy Students’ Association, the Medical Students’ Association, the Engineering Students’ Society, Association des universitaires de la Faculté Saint-Jean and the Augustana Students’ Association.

SU Vice-President (Academic) Kathryn Orydzuk said it was a “positive meeting” with the

minister and said she was happy to see most faculty associations on campus in attendance to air their concerns.

“I thought it was really powerful for the minister to hear about student issues from the mouths of the presidents of the faculty associations,” Orydzuk said.

SU VP (External) Navneet Khinda agreed with Orydzuk, and noted that it’s important to show the minister that students care

about post-secondary issues and will be supportive when decisions are made, but will also speak up when they disagree or want issues resolved.

“I hope from this meeting the minister understands the issues that students face and how he can help us with them,” Khinda said.

Khinda added that she “wasn’t surprised” by the minister moving the Nov. 17 date back, but is glad he’s taking the time to evaluate

the proposals before he makes a decision “as long as all sides are considered fairly and fully.”

“I’m a little disappointed because that date had been given to students, but I’m completely understanding of the fact that the minister needs more time to review the proposals,” Khinda said.

“I’d rather have him fully go through the proposals than just make a decision on a whim.”

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Students advocate for vapourizing public e-cig use

Collins Maina
STAFF REPORTER • @COLLINS_MANIA

E-cigarettes could potentially have adverse effects on the community, which is why a group of University of Alberta students are urging institutions to adjust their smoking regulation policies.

The Student Advocates for Public Health is a group of 11 graduate students from the U of A's School of Public Health who are currently pushing for the City of Edmonton and the U of A to treat e-cigarettes like tobacco cigarettes. The project, which started off as a class assignment, aims to influence policy around smoking in order to ban the use of e-cigarettes from public areas.

“When a child sees you smoking they are not going to know that it is an e-cigarette.”

ALETHE KABORE
GRADUATE STUDENT, SCHOOL OF PUBLIC HEALTH

“We are not against electronic cigarettes,” second-year graduate student Tharsini Sivananthajothy said. “We want them to abide by the same rules as smokers and smoke in the designated smoking areas.”

E-cigarettes are supposed to be nicotine-free, but that’s not always the case, Sivananthajothy said. She added that the lack of e-cigarette regulation across Canada is part and parcel to lax enforcement through the Food and Health Act.

The group is urging Edmonton institutions to follow in the footsteps of The Edmonton Public

School Board and the Edmonton Catholic School Board, who have banned the use of e-cigarettes in their spaces because many of the youth have been found to mix the liquid with other potentially harmful substances.

“We are calling for better regulation because it is a fairly new product,” Sivananthajothy said. “It could potentially be a sensation tool but we don’t really know that, so until it is evidence-based proven we should really regulate it right now.”

The group takes on a more preventative stance as they stress the importance of “taking the safe route right now” because the unknown negative effects of e-cigarettes. Sivananthajothy said that since there’s still a “grey area” regarding e-cigarettes, it’s better to regulate them now.

“The bottom line is that the research that is out there tells us we need to be careful because they don’t know enough,” she said.

Despite the lack of abundant evidence, Rachel Prowse of the advocate group said the introduction of e-cigarettes starts to re-normalize the whole idea of smoking in society, which may be detrimental to the progress made with tobacco control.

“They are marketed as a smoking sensation device, but there is no evidence to back that up,” Prowse said. “We are saying that we are for proven smoking cessation devices, which do not include e-cigarettes at this point.”

Prowse said that youth — who are vulnerable to seeing people smoking — may start smoking again as it is perceived to once again become a part of societal norms.



E-CIG BAN? A group of graduate students at the U of A say e-cigarette use policies should be regulated.

SUPPLIED

“Do we really want to see youth smoker rates go up before we decide that we need a policy? Is that necessary?” she said.

Fellow group member Alethe Kabore said science suggests that young teenagers will try an electronic cigarette when they wouldn’t try out an actual cigarette. Even though they are seen to just be “water vapour,” she added that there are other complex compounds — in some cases nicotine — in some

of these products.

“When a child sees you smoking, they are not going to know that it is an e-cigarette,” Kabore said. “So they might want to smoke one day.”

She added that it’s important for students to act on this information, since action is what changes society. Taking action on controlling e-cigarette use could help limit the spread of “smoking behaviour” in society while contributing to a

healthier city, she said.

The group is also encouraging the U of A to enforce some regulation as several universities across Canada have done.

“Universities are supposed to be the role model and instigators of change in society,” Kabore said. “We strongly feel that if the U of A was to step up and do that, it would create a snowball effect that will help the whole city to rally around the cause.”

Flu shot campaign injects efficiency into immunization process

James Davison
NEWS STAFF • @THEJAMDOIDY

With cold weather comes the onset of flu season, and people across the city are lining up for their yearly immunization. But if you got a flu shot last week at the campus flu clinic in Dinwoodie Lounge, you might have noticed shorter lines.

The University of Alberta, in a partnership with Alberta Health, was granted \$100,000 to establish the first phase of a new pilot project meant to streamline the mass immunization process. The project was implemented during the mass immunization clinic on campus last week. From Nov. 4-7, the annual immunization clinic registered and served 3,015 students and staff.

In an effort to reduce wait times, eliminate paper consumption, and increase the efficiency of record keeping, the project used tablets and a web-based database to record registration information, replacing the paperwork that would have to be manually aggregated.

Over the first few days, University Wellness Services monitored the clinic’s performance, and according to their executive director Kevin Friese, the longest wait time was roughly 10 minutes, while the peak period lasted less than an hour.

“To date, we’ve had no hiccups at all. It’s running very smoothly, aside from just some network issues and what not, because of the number of tablets we’re running. It has proven to be very easy for people to use,” Friese said. “We have been extremely pleased, we couldn’t have asked for a better pilot roll out.”

The new program will allow healthcare professionals around the province to view immunization



BOOSTER SHOT The U of A's annual mass immunization clinic saw a reported boost in efficiency with a new electronic registration pilot program.

CHRISTINA VARVIS

records, reducing the likelihood that information is misinterpreted. It will also allow health authorities to hone in on recipients of potentially compromised vaccines, rectifying any potential errors, Friese said.

The second phase of this program — if it comes to fruition depending on the province’s response to the first phase — would see vaccine recipients register beforehand on their smartphones or computers, thus speeding up the process. Convenience and efficiency in the process of immunization will

hopefully help to encourage more people to receive the immunization, Friese said.

Second-year computing science student Thomas Dang said he was satisfied overall with the process.

“It’s so convenient here at the U of A, you don’t have to go to a centre or something, and there wasn’t a line today either,” Dang said after receiving his immunization. “I think the overall interface is good (and) easy to use, but it’s nice that they have an actual keyboard, not the little stupid touchscreens.”

Friese, who graduated from the U

of A in 1996, knew what it was like to skip the flu shot during this undergraduate degree, like many students do today.

“At one time I was a firm believer in not getting the flu shot, I felt that you should fight it on its own,” Friese said. “I never realized what the flu was ... until I got it one year, and I hadn’t had the flu shot. I got a really bad bout of it to the point where for four days I literally could not pick myself up off the couch — that’s the flu.”

While the immunization doesn’t

guarantee complete flu immunity, it gives you a considerable advantage, Friese said. In 2013, 21 per cent of students at the U of A reported suffering from flu and cold like symptoms to the point where their academic performance was affected.

“Consider your own health and protecting yourself both in support of your academics and your own health,” Friese said. “If not for yourself, do it for your neighbour, do it for your friends, because certainly by not getting vaccinated you’re not just putting yourself at risk, but you’re putting them at risk as well.”

Student Connect service decreases average wait times

Collins Maina
STAFF REPORTER • @COLLINS_MANIA

Students inquiring about transcripts, proof of enrolment or access to financial services at the Administration Building’s Student Connect may have noticed shorter lines and wait times.

Student Connect, a service introduced in 2013 which aimed to centralize student services, has seen an increase in its usage and productivity in 2014 when compared to last year. The service gives students a place to address concerns and seek help with their registration, transcripts, fee inquiries and convocation.

Incoming Deputy Registrar Melissa Padfield said the changes were mainly attributed to the constant student feedback the office received.

“Students were really at the center of working (the kinks) out,” Padfield said. “In telling us what they wanted to see they helped give us feedback on turnaround times and waiting times.”

She noted that the average time a student had to wait in line during this year’s September peak period was 13.07 minutes — a decrease from the 22.30 minutes it took during last year’s peak period.

After October, the average time a student would wait in line clocked in at 7.18 minutes, a boost from the 12.43 minute wait time in 2013.

“I think that our speed is definitely one of the changes,” Padfield said. “That owes to being able to have a greater number of staff. I think the fact that we’ve been able to reduce wait times significantly at peak periods means that students are spending less time worrying about sitting here, so they can spend more time getting to the library or working on their papers.”

It currently takes two business days to respond to concerned students due to the introduction of an online responding service called “Ask Student Connect.” Padfield explained that students using this online service can submit their concerns online and ask their question directly.

The introduction of these online services has reduced waiting times, since students are now able to access what they are looking for without having to come into the office, Padfield said. The increase in plug-ins in the office means that students can be more productive as they wait, she added.

“Our philosophy is that the Office of the Registrar is meant to take care of the administrative life of a

student so that they can focus on the aspects of being a student,” she said.

A merge in financial support services between the University Bursaries and Emergency Funding (UBEF) and the Student Financial Aid Information Center (SFAIC), which took place in June 2014, caused some challenges for the office. Padfield said they had to consolidate seven service desks into one in order to accommodate the merge.

“It was new territory,” she said. “Anytime you merge services you have to look at how to make it as effective as possible.”

However, the merge increased the office’s knowledge pool. Padfield said this is one of the reasons the office is now more efficient.

“It’s really exciting to see that we were able to move students through in a very quick way,” she said.

The feedback from the UAlberta Ambassadors and the Student Advisory Committee ran by their office was another reason the usage of the services is going up, she added.

Padfield encourages more and more students to give their feedback in order for them to continue to improve their services.

“I think it was a good year last year,” she said. “We are trying to become closer to great.”



WAIT TIMES WANING Lines at Student Connect are shorter than 2013’s. ALEXANDROS PAPAVASILIOU

Campus community celebrates veterans on Remembrance Day

James Davison
NEWS STAFF • @THEJAMDOIDY

Thousands of Edmontonians sporting bright red poppies flooded the Universiade Pavillion bleachers on Nov. 11 to commemorate those who died in the line of duty.

The annual memorial ceremony filled the University of Alberta’s 5,500-seat Butterdome, leaving little room for standing. Members of the Canadian Forces Loyal Edmonton Regiment, the Lieutenant Governor of Alberta Don Ethell and a variety of other service groups and dignitaries were also in attendance.

The event kicked off with a ceremonial march past the attending soldiers and service groups to the tune of military

bands and thunderous applause from the crowd.

Ethell, who was enlisted as a rifleman at the age of 17 in 1955, paid tribute to the veterans and soldiers at the ceremony, as he participated in numerous peacekeeping operations around the world himself.

■ **“(Nathan Cirillo) belonged to all of us. They all have.”**

J’LYN NYE
MASTER OF CEREMONIES

“Those who have fallen throughout our nation are owed our most sincere gratitude,” Ethell said. “I am honoured to recognize the veterans and members of the

Canadian Forces who are here today, and I thank you for your service.”

This Remembrance Day was marred by a number of recent Canadian Forces deaths, the most recent of which occurred on Nov. 3 in Wainwright, Alberta in what the Canadian Forces have called a “training accident.” Two Canadian soldiers were killed in separate incidents in October, as Warrant Officer Patrice Vincent was killed when intentionally struck by a car in Quebec, and Corporal Nathan Cirillo, who was killed in an attack by a lone gunman in Ottawa.

“(Nathan Cirillo) belonged to all of us,” Master of Ceremonies J’Lyn Nye said. “They all have.”

Many in attendance were unwavering in their resolve to show

respect to those who have and are still serving their country. Julian Goudreau, who attends the celebrations every year, is one of them.

“It’s just important to remember those people that have lost their lives, or gotten injured, that just went over there to maintain our freedom, security (and) way of life,”

■ **“Those who have fallen throughout our nation are owed our most sincere gratitude.”**

DONALD ETHELL
LIEUTENANT GOVERNOR OF ALBERTA

Goudreau said after the ceremony. “As long as everybody remembers and knows of the sacrifices people

have made throughout the years.”

While some came out to say “thank you” to those who have served, some came with a more personal connection.

“I had a father who was in the military so it’s close to me,” Lindsay Sutton, a University of Alberta atmospheric sciences graduate student said. “It was important to mark things that our soldiers do for us, and pay our respect for them.”

Students’ Union VP (External) Navneet Khinda said it’s important for the campus community and students to acknowledge the significance of Remembrance Day.

“The sacrifices made really reflect the values the university is founded on,” she said. “I think it’s important for students remember and pay their respects.”



LEST WE FORGET Thousands watched the Remembrance Day celebration at the Butterdome on Nov. 10.

CHRISTINA VARVIS

Opinion

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Volunteer
Hey volunteers, come by 3-04 SUB every Wednesday at 3 p.m.!

EDITORIAL COMMENT

Harlem Shaking off the electronic music haters

Nobody groups rock, metal and mariachi music together as simply guitar music, but for some reason, a lot of people call any music made with electronics, electronic music. This despite there being many different genres within electronic music, and many more subgenres and producers that don't fit into any of them. Electronic music has become insanely popular in the last dozen years or so, but just like anything that suddenly attracts a lot of fans and artists, it's also attracted its fair share of haters.

Electronic music has a long history dating back to the 19th century. Today's most popular variety is electronic dance music, or EDM, which itself has dozens of subgenres. It has more recent roots in dance music from the late 70s, but outside of some major artists like Daft Punk, it didn't manage to penetrate the mainstream as much as it has in the last decade or so. It's similar to what happened with rap music in the late 90s. Hip hop, just like EDM, has become so popular that many pop artists incorporate elements of it or feature rap artists on their songs.

Producing EDM takes just as much knowledge of composition as music played with instruments. While the artist doesn't need to know how to play the instrument, they do need to know how to write a drum beat, a bassline, a melody and then combine them all together. Playing it to a crowd takes skill, too. While traditional bands can get away with playing the songs they've practiced hundreds of times, a good DJ also needs to know how to control a crowd. If they're not feeling the music, the DJ needs to be able to improvise to bring them into it. These days, they typically also add light shows, fog and other visual effects to make the music more immersive.

However, a lot of music fans don't recognize this incredible level of skill that's needed to be a talented electronic artist. Thanks to the proliferation of computers, especially laptops and tablets, the barrier to entry for making music has basically disappeared. You don't need to buy an instrument to make music anymore. Just load up Garageband, click on Electronic and start producing. Because it's so easy, fans of other genres love to throw all EDM producers under the bus as a bunch of talentless losers just pressing play on a computer. It's not uncommon to hear people say that everyone with a Macbook thinks they're a DJ.

Odd as it may sound, as a photographer, I'm familiar with this mindset. Photography has also been democratized thanks to digital media. Everyone has a phone, so everyone also has a camera, which means anyone can now call themselves a photographer, a claim that leads many others to complain about how everyone thinks they're a photographer these days. But we shouldn't care so much about the hobbies and passions others pursue. If someone wants to do something creative, it's pointless to judge them. That judgement comes from both outside the EDM and photography communities and inside, but it's not productive at all.

Not everyone can be the next Daft Punk, the next Headhunterz or the next DJ Snake. And nobody's going to be very good at first, but anything worthwhile takes practice. The names you hear over and over achieved their fame through years of hard work, knowing how to make likable music and a ton of marketing. Most people that express themselves creatively aren't doing it for money or fame anyways. They're doing it in their spare time because they find it fun. Of course, there will always be some that only call themselves artists to look cool without actually doing anything. Besides photographers, EDM producers and DJs, that can also still be seen with writers and guitarists. This isn't a new trend.

There's also a stigma attached to the listeners. I went to my first EDM show, or rave, last weekend, and almost everyone I told was surprised. When I asked why, they said I'm not the typical person they think goes there. I got this more than when I went to a death metal show last year. Nobody could explain what a typical raver is, aside from furry clothes and bead bracelets. I met one of them, and he gave me a bead bracelet, or Kandi, by going through the symbolic PLUR handshake. PLUR is the raver subculture's mantra, and it stands for Peace Love Unity Respect, things everyone could use a bit more of. It also sounds eerily similar to what rock music's original fans, hippies, professed at their massive concerts.

Digital media has democratized many art forms. EDM is one of them. Technology is only going to make it easier to produce music, opening the doors for many more artists. There might be a larger pool of people making music, but thanks to the internet, the talent can rise to the top without the help of major record labels. I'm not saying you should throw out your guitar and pick up Ableton Live. I'm just saying you should stop shitting on the people that do; you probably have more in common with them than you think.

Kevin Schenk
ONLINE EDITOR



JESSICA HONG

letters to the editor

Let's not go to the Legislature

I'm disappointed that our University of Alberta Students' Union (UASU) executive is participating in a protest at the legislature against tuition market modifiers planned by the Council of Alberta University Students (CAUS.)

The proposed tuition increases will only affect a few programs at U of A, and in the law program, which is one of these, law students who voted in a survey regarding the law tuition increase supported it by a margin of 58% to 21%, with 11% abstaining. Many law students feel that paying a bit more up front is worthwhile if it means increased quality of education and enhanced career services to ensure we can obtain articling positions, which are required to actually practice law.

Furthermore, the effectiveness of the protest tactics now espoused by CAUS and the UASU is doubtful. My background is in BC student politics, dominated until recently by the Canadian Federation of Students. While that organization favours protest politics, they have done more to alienate the provincial government than to effect change. It is likely that the Alberta government, in a province without a history of student protests, will be more responsive?

Unfortunately, the protest is likely to be counterproductive, damaging the UASU's public image and their relationship with the provincial government. I wonder, would the UASU executives be more likely to advocate for law students' concerns if a bunch

of law students held a protest outside their offices in the SUB?

UASU Vice-President External Navneet Khinda's marketing of the protest is also problematic. Despite her report to UASU Council correctly describing it as an event which CAUS "collectively decided" to hold, the Facebook page which she created, "Rally to Prioritize Postsecondary Education," is shown as being hosted by the UASU rather than CAUS. As a regular observer at Council meetings, I can attest that Council has not approved the event, or been asked to do so. While Khinda is also chair of CAUS, it's important that she distinguishes between the two organizations to avoid misleading the public.

David Foster
LAW |

City failing to solve simple yet longstanding public transit issues

If you've ever spent any time using any one of the many modes of transport available in Edmonton, you'll quickly realize they are not quite in harmony. They aren't even playing in the same key.

For many blissful years, cars, buses, and bikes lived in harmony. Now, we have an incredible invention. "Dial S for Sharrow" states the City of Edmonton website. All I've been able to piece together is "Dial S for Sorrow." Now, in some areas like Garneau, with one-ways everywhere, the lanes can prove to be quite effective. In suburban areas with cul-de-sacs and cookie-cutter housing everywhere, not so much. In

some areas it hasn't had any effect, just some paint on the road marking where the gravel and sand ends up. In others, the addition of a bike lane has removed a car lane, and has actually hindered and impeded traffic flow. Not to mention that if you must cross 111th street and a train passes by, you're presented with a light show that is the envy of the Main Street Electrical Parade at Disney World.

Let's say you take the ETS when you can, but you live in a community far with poor transit, like many southwest communities. The city has lacked infill for dozens of years. Every house built in these community's costs a great deal more in city infrastructure costs as compared to a condo or apartment building due to the lower population density. As a result, transit prices must increase to cope with the number of buses that must be run.

Transit late at night could be solved with minimal effort. Kate Black wrote last week about the \$45,800 cost to run a late night bus service that served 1,943 people. That's \$23.57 a person. A taxi from Whyte to Century Park actually costs more. A successful pilot turned into an ongoing project? Not in Edmonton.

Some proper planning could solve many of these issues. If there are dozens, if not hundreds, of cities around the world that have solved many of these issues, why can't Edmonton be one of them?

Cassian Soltkeyevych
ARTS IV

Letters to the editor should be sent to letters@gateway.ualberta.ca.




gateway
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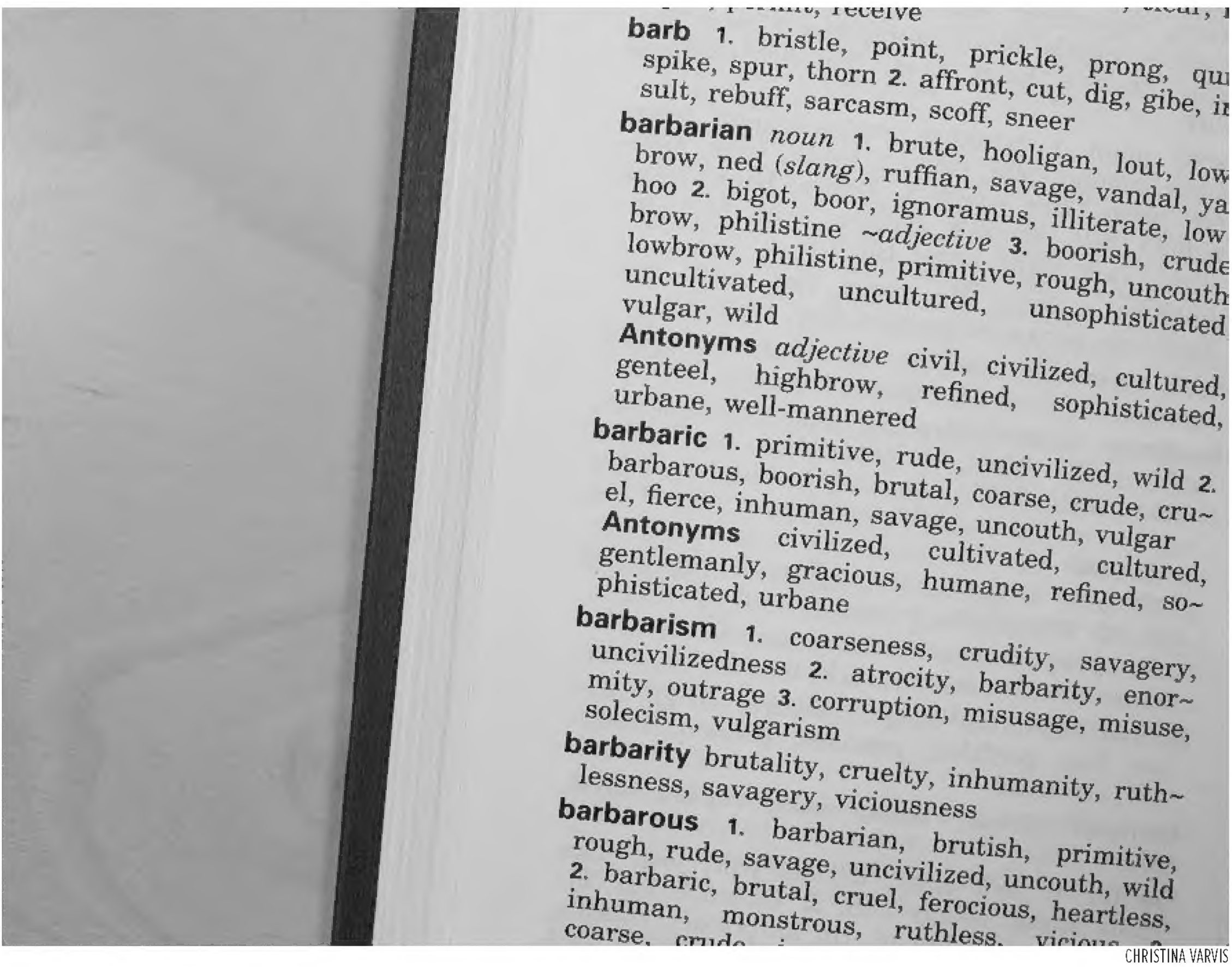
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“Barbaric” bill an offensive label & misuse of language by PC govt.



Josh Greschner
OPINION WRITER

Words are sticky. When you hear the words “maple syrup,” what do you think of? When you hear “marriage,” what do you think of? When you hear “barbaric,” what do you think of?

When I hear the word “barbaric,” I think of the 19th century — the era of hysterical paroxysm and slave trades, of PT Barnum and aggressive British imperialism, the era where Canada was conceived and drawn out.

In university essays, the genuine use of the term “barbaric” will usually earn a scrawled “explain” and/or a chain of question marks in red pen. The reality is that using the same term in a government bill that was used by Thomas Babington Macauley to justify colonization in India and by Duncan Campbell Scott to “get rid of the Indian problem” in Canada, drags a lot of racist muck along with it. Neither me, you, Jacques Derrida nor anyone else can separate words from their connotations.

Canada’s Conservative Party is about to pass the “Zero Tolerance for Barbaric Cultural Practices Act,”

which, along with curbing legal defense pleas against accusations of honour killings, prohibiting forced marriage and setting the legal age of marriage at 16, also bans polygamy to the extent that polygamous immigrants will not be allowed into the country. If anyone engaging in polygamous marriages already lives here, they’ll be deported. Other than pointing out that people have died seven times more often from falling through thin ice in the last 10 years than they have from honour killings, I’m usually not really interested in talking about this issue.

The main issue with the bill is the language it uses. This is the Conservative Party dusting off an archaic term to deploy it in public discourse. They are not only licensing its use, but encouraging non-normative cultural practices to be labeled “barbaric.” It’s another word for people who don’t understand the term’s socio-cultural implications to spit at any cultures they don’t understand. The people who know the term’s history know what they’re getting into.

If anyone should understand the history of this word, the man tabling this bill, Citizenship and Immigration Minister Chris Alexander, should. During election time, he’ll mail out pamphlets in his riding of Ajax-Pickering, announcing that it was he who passed this bill. This is

just another step in the dissolution of political language, dumbing it down to bite-size quotable lines to ring in voter’s heads as they line up at the polls. It’s sloganeering. It’s first-year marketing stuff.

I’m not necessarily liberal, but the abuse of language by the Conservative Party leaves me with few other options. It’s obvious that the party is appealing to people’s emotions regarding recent events, rather than reason. But this is apparently how much of their voting base thinks. Arguing with those who use “barbaric” unwittingly is like what George Bernard Shaw says about wrestling with a pig — it’s futile because “you get dirty, and besides, the pig likes it.”

Admittedly, political correctness has many problems, like the curbing of freedom of speech and the distortion of issues. But it’s the best we’ve got to talk about people and issues while maintaining both accuracy and dignity for the parties involved.

One way to extirpate the credibility of certain terms and phrases is through popular satire like South Park. The cartoon literally reduced “they’re taking our jobs” to incoherent babble. But it’s difficult not to suffocate in all the mud the Conservative Party is slinging at certain targeted groups, in order to pander to the prejudices of the rhetorically-impaired within their voter base.

the burlap sack

COMPILED BY **Lisa Szabo**

I have a running list of people that need to be punched in the face. Kanye West, most Edmonton drivers and my mailman make up some of the unlucky few to populate this list, but after a few too many ruined evenings — and a few too many \$13.25s I’ll never see again — a new asshole has been promoted.

He’s the scum of society. With a total disregard for the well-being of those around him, he flaunts his self-important attitude, putting even Kanye to shame. He’s shielded by the darkness, using this cover to

slip in beside his unsuspecting victims, and in the daytime is unrecognizable from you or me. But when the lights begin to dim, he reveals himself through the irritating, glaring, eye-catching-and-never-releasing, blue prison that ruins your entire evening. He is Tommy Texter.

Despite the ads that run before every single movie, Tommy Texters continue to haunt the theatres that for decades have been the sanctuary of tired mothers, horny teenagers and married couples who for goodness sake just want to enjoy a night out. They cause me, and probably many others, to quietly rue the day we decided to blow off some steam in front of the big screen.

If the Texters of the world cannot

make it through an Oscar-worthy Mark Ruffalo performance without answering a message, then they’re clearly too important to be watching a movie in the first place. Instead, maybe they should consider spending their evenings at UN ambassador meetings, sipping scotch with Brangelina. These pretentious menaces must be stopped. And if I have to go around to every theatre punching every Tommy Texter in the mother-fucking face to stop his tyrannous reign, then so be it.

The Burlap Sack is a semi-regular feature where a person or group who needs to be put in a sack and beaten is ridiculed in print. No sack beatings are actually administered.

Illegal exploitation of unpaid interns has to stop



Sylvia Wong
OPINION WRITER

Many students will soon step out of the Jubilee Auditorium and attempt to secure an internship that will hopefully spice up their resume and maybe get them a job. After hours of job hunting, these graduates will finally settle down to read through all the tabs they've opened, but none of these options fit their experience level.

At this moment, 200,000 young graduates may be asking "Are you serious? You mean I have to have experience to get experience?" Stephen Poloz, the Governor of the Bank of Canada, suggests that young workers should commit themselves to unpaid internships to solve this problem, but has since received nothing but harsh criticism. Although what he said isn't necessarily untrue, Poloz's remarks sparks attention to the underlying causes of unpaid internships, which has nothing to do with money.

Poloz's controversial remarks were based on the fact that the unemployment rate of young workers is now at a 13 per cent. Competition

for internships is mind-boggling. Workers with more experience are aiming for entry-level internships intended for new graduates, because no one will ever turn down someone who's overqualified and willing to work for free. Poloz criticized today's youth, telling them to "get some real-life experience even though you're discouraged, even if it's for free. If your parents are letting you live in the basement, you might as well go out and do something for free to put experience on your CV." Poloz labelled this as the "Scarring Effect" for unemployed youth workers and his comments have set off fires ranging from Twitter to The Canadian Intern Association.

Poloz's misinterpretation of employment laws in Canada is also surrounded by controversy, for what he coins as "unpaid internship" is actually illegal. CBC's interactive map shows the country's internship legislations and confirm that "under the Employment Standards Code, interns part of a school program can be unpaid," but all other forms of unpaid internship are illegal. Despite it being illegal, many companies still continue to recruit many interns to do wage-free work for them. One of the more notable examples includes Bell Mobility's "Professional Management Program." This program has

since been shut down, but many other large organizations still have a pool of unpaid interns on standby for the "experience." One of the reasons why these interns are not exposed to any government intervention is what Claire Seaborn, the President of The Canadian Intern Association, calls "lack of Federal labour market data." The deficient data is because "employers of Canada are not required to report unpaid interns to provincial or federal authorities."

■ Criticizing Poloz's remark on unpaid internships is a refusal to accept the truth. Youth workers are desperate for opportunities because they are persuaded by society that a competitive resume is a stepping stone for a potential career.

To counteract this, Federal NDP MP Andrew Cash hopes to increase involvement from the government through the bill he proposed during fall 2013 that will "force employers

to account for the unpaid interns"

Poloz isn't wrong about the value of experience. Anyone who's looking for a job will admit that they all want that shiny new title on their resume, even if they don't get paid. Having experience is crucial in today's work field, hence why experienced workers are heading back to entry-level internships. Even if you aren't looking for a job, many graduate programs look at your experience in the field when looking at your application. Some even set a minimum amount of work experience to qualify for applying. More than forcing companies to comply with the law, we must take a step back from analyzing the problem of not being paid and evaluate why unpaid internships are a current issue. Today's society places too much pressure on youths to generate a "perfect resume" packed with volunteering, research or work experience. So it's not a surprise that they have an unhealthy attraction to unpaid internships. This creates unnecessary stress for the students, whether they are paid or not.

On top of school work and a social life, students are now convinced that they need to commit themselves to opportunities that may consist of working long hours, sleep deprivation or excess abuse from coworkers in order to get a job.

There are handfuls of youths out there who describe their internship experience as hell, turning something that should increase their familiarity with their future profession into something they dread. What's extremely unfortunate is that there are also cases in which overworked interns faced fatal consequences.

Today's employers often exploit their interns, luring them in with fancy titles in hopes that their desperation for this position will neutralize the fact that they aren't paid. Without a doubt, this defiance of the law must be changed and interns should get proper payment for their work. But criticizing Poloz's remark on unpaid internships is a refusal to accept the truth. Youth workers are desperate for opportunities, because they are persuaded by society that a competitive resume is a stepping stone for a potential career.

We have to re-evaluate society's constant encouragement and glorification of working employees to the edge just for a resume that employers won't even look at because you don't have enough experience. It isn't about being paid or not. The problem is the belief that the longer your resume is, the better off you are, often entails interns exploiting themselves to get their foot in the door.



SUPPLIED



Elliot Chan
DOUGLAS COLLEGE

NEW WESTMINSTER — Dear McDonald's advertising team: no word combination or phrase will ever make your company more appealing. You can use the word "love" over and over again, but you don't need to convince us that you love anything. Just keep churning out your delicious mutated meals and you'll be just fine.

In 2003, McDonald's unveiled its "I'm lovin' it" campaign with vocals by Justin Timberlake. More than a decade later, the jingle still resonates — it's brilliant, yet so incredibly stupid. I have not met a person who genuinely "loves" the slogan. It just existed to cause us to cringe a little bit, more so than tasting the watered-down 7-Up from a malfunctioning soda fountain.

Then in 2008, McDonald's dared to change people's opinion of their food by introducing a new slogan: "What we're made of." With no cameo from any boy band members, the lacklustre campaign fizzled out and appeared only on packaging

and promotional items.

Now, 11 years since we heard the "ba-da-ba-ba-da!" brain-branding tune, rumours heard through the Internet grapevine suggest that the behemoth fast-food chain will introduce its new slogan for 2015. At this moment, the possible slogan appears to be either "lovin' beats hatin'" or "lovin' is greater than hatin'." And a synchronized groan can be heard from the 99 billion customers served.

I hope dearly that both those options are, in fact, just jokes, because the last thing I want McDonald's to do is remind me of what I hate and what I love while eating shitty food. Like an unhealthy relationship, McDonald's is lying to me. Please, McDonald's advertising team, if you are throwing the slogan online to gauge the public's reaction, note that it sucks. Don't put us through 10-plus years of "lovin' beats hatin'" — it's not even clever.

Will I stop going to McDonald's because of its crappy slogan? No, but it upsets me that there is a department of people up in the Micky D's ivory tower making such a dumb decision, and that this is what McDonald's is focused on at the moment to earn customers' love and loyalty.

A slogan means nothing, and

there will never be one that will inspire me to go and eat McDonald's. However, McDonald's does many things well: the Monopoly promotion is one of the most successful "golden ticket" marketing campaigns of all time and the kid toys are another brilliant payoff for feeding our youths unwholesome food.

It upsets me when I see McDonald's try to appeal to an audience that will never be converted. Stop trying to prove yourself to the health freaks and the haters. There is a devoted and large demographic out there that will never stop going to McDonald's or other fast-food chains. For many, we have committed to this lifestyle of heart attacks, obesity and diabetes, and we are no more or less unhappy for it. We are fine, we are living our lives, we are just trying to find contentment, and we are the people you should care about.

So, if the advertising team is reading this, understand that whatever slogan you end up agreeing on, we'll always hate it. Don't waste your time and money with such a pointless initiative. Instead, do what you are already doing, treat us better and stop lying to us. Because to me, McDonald's beats nothin'. It's the Taylor Swift of nourishment — shake it off.

the marble pedestal

Complains

There are a lot of reasons to complain about the world today. Global warming, inefficient governments who fail to agree on anything, an unpredictable job market, and a wealth of other issues certainly create a warranted feeling of anxiety. Amidst all of the chaos in today's society, thankfully to get us through it all, we have the combination KFC/Taco Bell menu.

I really suggest you hit one up in the near future, especially with exams and winter graduation coming up. For under \$20, you can buy random assortments of Mexican food and chicken that will make you forget that your life may actually be a complete disaster. My favourite thing to get is the Spicy Zinger sandwich big box combo, because it also comes with popcorn chicken and a crunch wrap supreme, which is basically a mix of a soft and a hard taco you can eat on the go. There's a lot more, too. Taco Bell finally brought the Doritos taco to Canada, which is great, because Doritos are fantastic and so are

tacos.

Life seems tough, and that's because it is. But the combination KFC/Taco Bell menu will help remind you that there's always something better. What a time to be alive.

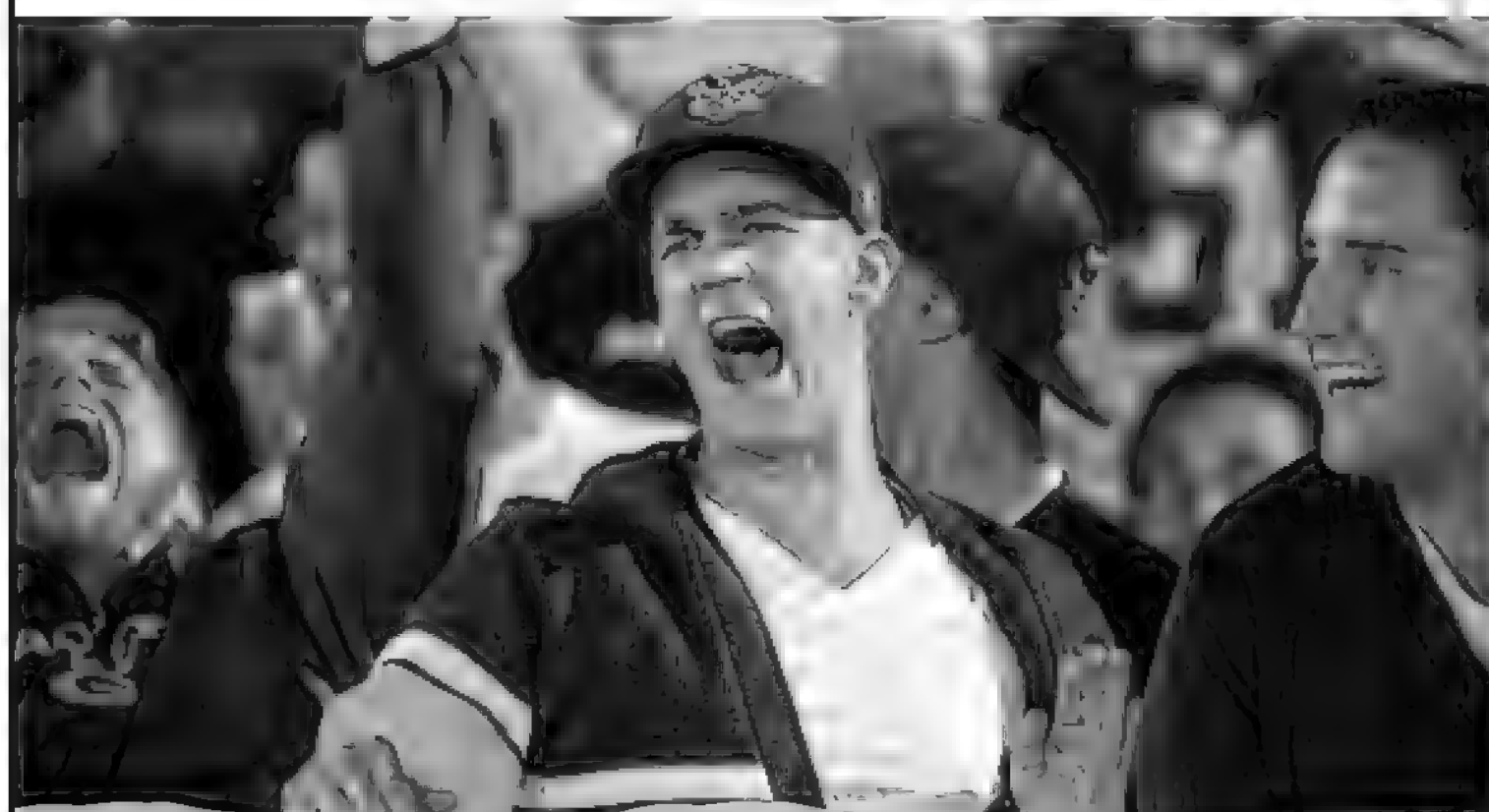
The Marble Pedestal is a semi-regular feature where a person or group who needs to be placed on a pedestal and praised is glorified in print. No people, groups or objects are actually literally placed on physical pedestals in the making of this article, but we guess it'd be nice if they were. Maybe we should start doing that.



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MONSANTO MENACE A "March Against Monsanto" rally in Victoria B.C. last year demonstrated some anti-GMO sentiments

NATHAN BIRD

New study on GMOs should help calm fears of anti-GM activists



Nathan Bird

OPINION WRITER

Debates over genetically modified (GM) crop-containing foods are especially volatile, and although it's been 20 years since the first GM food crop was approved by the FDA, these debates show little sign of resolving any time soon. In fact, they may be getting uglier.

This summer, the owner/operator of an anti-GM website that attracts about seven million views every month encouraged his readers to "to actively plan and carry out the killing" of those he considers "Monsanto collaborators."

Luckily, most people would agree that facts are superior to violence when it comes to settling debates. If you're one of these people, then I have some good news: earlier this month, a major new study of the effects of GM crops was published. In fact, it's what is known as a "meta-analysis," or "study of studies." In other words, it looked at data from 147 different studies of the effects of GM crops and combined them to reach its conclusions.

The results are striking. "On average," write the study's authors, "GM technology adoption has reduced chemical pesticide use by 37%, increased crop yields by 22%, and increased farmer profits by 68%." These benefits, the authors continue, were found to be most evident in developing countries — precisely where they're most needed.

As a bonus, the study, called "A Meta-Analysis of the Impacts of Genetically Modified Crops," was published in an open-access journal and is thus available online for anyone to read.

To those who have wondered why so many farmers have opted to grow GM crops, these conclusions may not come as a surprise. Others, however, may be gobsmacked.

Like the good folks at the David Suzuki Foundation, who state on their website that GM crops, "when first introduced, were touted as (being) able to increase (farmers') yields and decrease their costs. This has not proven to be the case." Greenpeace may also find this new study surprising, as they have publicly stated that "it has been shown that crop yields for (GM crops) are no higher than normal crops."

Now, it's pretty clear that these statements are wrong. Hopefully,

they're brave enough to admit it — and soon.

After all, continuing to deny that GM crops have brought no benefits to the world will risk discrediting them in the eyes of those who know better; it will risk keeping the debate stuck in its current state of acrimony and stagnation; it won't do them, or anyone else, any favours.

This doesn't mean they have to abandon criticism of GM crops, however. There are still good reasons to be concerned about gene patenting, or the spread of pesticide resistance from GM crops to wild plants, for example. In fact, these issues could probably benefit from the well-placed criticisms of groups like the David Suzuki Foundation and Greenpeace.

Indeed, this is a golden opportunity for them — and the anti-GM movement in general — to show that they aren't blinded by ideology; that they really do care about reducing the environmental impacts of agriculture, feeding the world's growing population and improving the lot of farmers. Let's urge them to seize this opportunity. Let's remind them that facts will lead us to the best solution for everyone — but only if we have the strength to follow.

the burlap sack

Jack Burrows

I enjoy Twitter — I really do. If I could call myself a "Twitter veteran" without sounding like a pretentious asshole, I probably would. I've had an account for more than three years and had no complaints until earlier this year. No complaints at all, until subtweets changed everything.

Firstoff, "subtweeting" just sounds like such an ugly word. It sounds like something unnatural and rude. For those who aren't veterans of Twitter like myself, subtweeting basically involves calling somebody out without mentioning their name. The

whole concept is idiotic. The very concept of calling someone out on social media is dangerously stupid as it is, but if you must do it, at least mention the person you're bashing so they have a chance to defend their actions. Calling someone out anonymously makes you like an even bigger asshole, someone who's starved for attention and wants to turn everything in life into a spectacle.

Twitter really isn't the right place to call someone out, unless you can keep all of your sick burns under 140 characters. If not, the tweets get broken up and make you look like even more of an ass, one who's incapable of expressing grievances in an appropriately concise manner. Let's take arguing back to the old school, where we insulted someone

in person as opposed to behind the computer screen. Or at least message them privately and put the screenshots of your argument on social media later.

Or you could just not be a douche and do none of those things.

The Burlap Sack is a semi-regular feature where a person or group who needs to be put in a sack and beaten is ridiculed in print. No sack beatings are actually administered.

The Leadership College is a pretty cool idea that will might really benefit the futures of a select few students on campus. Unfortunately, it will combine those annoying students you can't stand from every faculty across campus, bringing them together one building. God help us all.

Pet peeves with the pitiful state of YEG public transit



Opinion
Staff
GROUP COMMENTARY

University of Alberta students come from all over to study here and bring with them a lot of cultural differences. Whether it's the difference between growing up in Millwoods and Sherwood Park, or the difference between Canada and China, the sole thing that unifies us all is shared despair over the state of Edmonton public transit.

Everyone has their own horror story, whether it's frustration with a bus driver or shock and revulsion at the actions of a fellow rider. *The Gateway* writers got together for some group therapy to vent about our worst experiences with transit.

Lisa Szabo

Public transit will be the death of us all. If not on account of the over-confident bus drivers who tailgate just a little too closely, then because of the uncivil passengers who will undoubtedly one day cause you or me to throw open the emergency exit and jump from the moving vehicle just to flee their stupidity. The worst offenders are the commuters who sit in the priority seating area, locked in a self-inflicted, musically-induced coma to avoid hearing some poor old granny's shaky voice squeak, "Excuse me miss, may I sit down?" There is an approximately a seven-second window, once boarded the bus, to perch yourself before you are thrown down the aisle by the bus driver's frantic effort to stay on schedule — do you want to be responsible for Grandma's cracked pelvis because you and T-Swift were having a moment?

Just overhead, the ETS advertisement ironically reads "You'd give up your seat for your grandmother, wouldn't you?"

Chivalry is supposedly dead, but our world could benefit from some manners once in a while. Priority seating is for the elderly, parents with children, pregnant women, those with disabilities — or if you're a nice and able-bodied person, it's for anyone who looks



RANDY SAVOIE

like they could use a sit-down. Refusing to yield a priority seat to someone in need is tantamount to refusing to be a considerate member of society. Young people are often stigmatized as being cheap and rude, and it's for reasons like this one. Break the cycle and be a good human. You might just make public transit a little more tolerable for everyone.

Parker Ali

When it's 7:30 in the morning, you have yet to have your morning coffee and you have two midterms waiting for you five LRT stops away, it's hard to justify asking "please" when somebody can't figure out how to stay out of a closing door.

The plight of the hapless rail-rider who inevitably trips the closing doors sensor each morning is occasionally addressed with appropriate embarrassment and humility. Much more frequent, however, is the reckless tagging of a closing door with a wanton shoe not once, not twice, but enough for the trains driver to kindly inform us the train won't move when the doors are open. Who are you,

casual door blocker? Do you think your earbuds somehow excuse you from hearing the announcement of your own insolence? Have you somehow grown to maturity in an environment that has failed to teach you the consequences of your own actions? Do you feel no guilt at the lost time of your fellow passengers?

When you trip the LRT door's sensor, causing it to pop open for another four seconds, you spit in the face of everything the LRT stands for: speed, ease of travel and a sense of personal dignity. The only proper penance I can see for this blatant disregard of one's fellow man is to disboard the train immediately. Three to nine minutes on an empty platform will bring not only sufficient introspection, but eventually a new train car and a clean slate for the socially inept to start anew.

Richard Catangay-Liew

I can probably count the number of times I've sprinted full-speed since high school on one hand. Every single one of those times, it was to desperately catch an ETS bus that I

was maybe five to 10 seconds late for. Yeah, I should have been at my stop five minutes before the bus is scheduled to arrive, but we're in university and we procrastinate, so it happens to all of us.

I've successfully waved down and caught a rapidly departing bus a couple times, but I'll always remember the heartbreaking incidences when the bus driver pretends they don't see me and keep on driving. It's even worse when you make eye contact with the driver and all they do is shake their head and keep it moving. It especially sucks if the bus is waiting at a red light and you catch up to it, but the driver still rolls their eyes and declines to let you in. If the bus is in the middle lane of a busy downtown intersection, I get it, but not if its in a neighbourhood. There's nothing worse than waiting up to half an hour in a frigid, unheated bus shelter yet somehow be sweating because you expelled all your energy dashing for the bus while carrying an oversized bag packed with textbooks and a laptop over your shoulder.

Taking 10 seconds to stop, reopen the door and let one or two more

people in is not going to make a difference, no matter how behind schedule the route is. I understand if it's 7:30 a.m. on a business day and the bus is jammed with people on their way to school or work and there's no room, but otherwise, what gives?

ETS advises you to take down the number of the bus and report it (like they're going to actually do something about it), but who the hell is in that frame of mind in that situation? I always found myself way too pissed off, and by the time I gather myself, the bus is long gone.

Adam Pinkoski

The single most aggravating thing about public transit is biters: people who get so mad at the transit system that they go blind with rage and bite the driver who's providing the service for them. This is a serious issue that may be laughed at, but when you witness a biter first-hand, you have no choice but to stand up and say that we will not take this anymore.

Biters honestly think they can go around and latch their teeth onto any driver they want, but have they ever considered the ramifications? Once bitten, the driver is probably going to need a tetanus shot if they haven't had one already as well as a rabies shot. Don't even get me started on the chance of transmitting Ebola, especially in today's day and age. These drivers do what they do out of their love to transport us around the city day in day out, and yet there's still people who go and sink their teeth into them. If it's a matter of being dissatisfied with the service, then why don't biters just leave? There's been so many people who just get up and leave with not so much as a thank you, let alone a bite. Even someone who farts in the general direction of the driver to show their unwillingness to comply with society is more welcomed than someone who shows their disgust by biting.

If we, as model citizens of Edmonton, Canada and this entire Earth aren't standing up for the personal safety of these public servants from those who feed on their flesh then we must take a serious look in the mirror. Public transit workers are people, not food.

#3LF three lines free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree, or message us at www.thegatewayonline.ca/threelinesfree

When we told you we were out of ice, you collapsed sobbing "But where will the polar bears live?" That drunk.

the difference between moi roommate and a bitch is the same as between being and nothingness

humans become aware of one in relation to the other

Rutherford Library ladies FLUSH THE TOILET! Use your foot to hit the lever. If that's too gross for you imagine how the next person feels when they have to see your poop! The sheriff pissed me off today.. So I shot..

I shot, I shot him down

I dropped acid last last weekend.

I thought time stopped but it was daylight savings time.

Shiet tripped me the fuck out loll.

The Service desk at Rutherford Library is pathetically understaffed.

Interesting people do not sit on their ass all day.

I enjoy my days far too much to prolong them.

I have a great friend. She is always in a bad mood, manipulative, selfish, bossy and jealous if I speak to others. Have I hit the jackpot or what?

In the movies if the hero goes into a bar, he will always get in a fight, especially if Country and Western music is playing.

My girlfriend wants me to stop drinking. I don't just mean alcohol. She literally wants me to stop drinking.

Al-anon is great. I can keep drinking and they can worry about all that other shit.

Sam Neil is not Damien. Jian is.

Do you think Ezra Levant would make a great James Bond?

Popularity is just the slutty little cousin of prestige

You look like shit in white as well.

Using the internet to call someone out is so cowardly. Slap someone in the face with a glove and challenge them to a duel like an ADULT

Websites ARE hard, ya bish. Now fix yours before I get Anonymous on ur ass.

If the roast beef is cooked right, they'll be back.

I'm a stone cold fox.

or nah.

Not much time left to redeem yourself Roberto.

Why is it that in the movies the villain's henchman is always killed when he fails, but the villain never seems to run out of loyal henchmen?

If the staff wear gas masks in those awful nail polish salon's, why don't the customers?

One thought he was invincible.

The other thought he could fly.

They were both wrong.

Why do I have to see a doctor if I have an erection that lasts four hours? What is he going to do? Jerk me off?

get your head out of your ass, nobody cares about wrestling

This essay is an Unethical study in cabinfeverism.

Can anyone explain to me the need for one hour photo finishing? You just saw the fucking thing.

Now I know why he is called Woody Allen.

As long as your Proctologist does not work for Roto-Rooter life is good.

When I am in a restaurant I always ask the server to join us. That way we can split the bill and I don't have to leave a tip.

idgaf i am sack

i drive a car

i go to school

most of my friends like me

I went as Bibleman for Halloween.

idgaf i am mergim

i have a brother

i have 2 arms

islam

Mom: "For every B you get, I'll give you 200 dollars, and for every A you get I'll give you 300 dollars." WHAT.

Parents told me to keep the house in good order while they were gone, yeah right, like that's gonna happen.

Kinda wants to transfer to the U of A, just so he can understand all these memes that are flying around.

sweet chili heat is the best kind of chips

Your favourite movie was just OK

I hate the bourgeoisie

All praise Yeezus, for our Good Lord shall return soon. Have you heard the good word: HEH? No one gon' stop the glorious Yeezy. Hallelujah!

UALBERTA

THE



Drinking Game



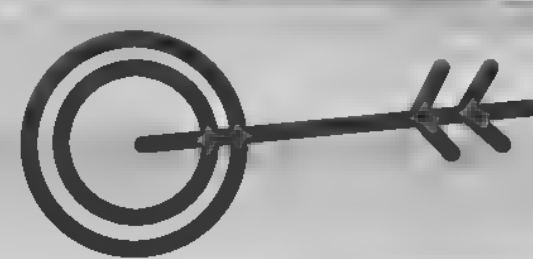
DRINK WHEN:

- William Lau giggles
- Someone complains that *The Gateway* isn't doing "real journalism"
- A student eating Edo in class before 11:30 a.m.
- Someone in green sweatpants is obviously trying to hide their boner
- A business student talks about networking
- Take one shot for every five minutes you don't get acknowledged by your RATT server
- Drink for every building that has intensive construction being done
- A church group has a free BBQ in quad
- White people discuss the horrors of white privilege
- Go to a graduate student office. Have as many drinks as the number of people sharing the office
- You take free condoms from a booth on campus, with the smug confidence that you're actually going to use them
- Drink every time the Van Vliet showers run out of hot water, then cry
- Every time someone says "market modifier"
- Every time someone has to explain to you what a market modifier is
- You see a real live neckbeard wearing a fedora in the wild

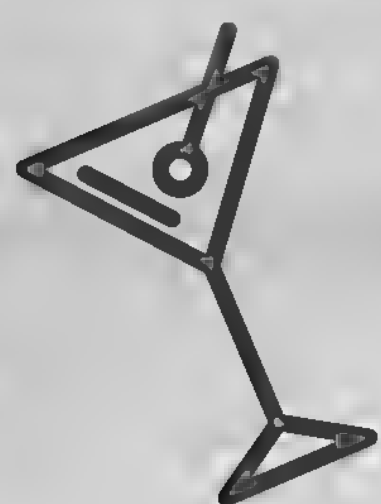


- You realize the PAW Centre looks like a waffle cone
- Someone becomes an expert in a field after taking one class
- Whenever someone calls themselves pre-med or pre-law (drink FIVE times if they're "pre-business")
- One drink for every person playing WOW in the Knowledge Common
- You go on a hot date at the campus Earls (make it a peach bellini, so tasty)
- Someone actually gives a shit about varsity athletics
- You hear a complaint about student apathy
- Someone with no job complains about how they're stressed
- You've considered a tasteful after-degree at NAIT
- Whenever an Engineering student tells you how many classes they're in
- You meet an Education student who makes you fear for tomorrow's youth
- You cross paths with someone you got in sick Overheard at UAlberta beef with
- A pre-med student tries to convince you they actually enjoy their volunteer activities

- You see two lovers kissing in CAB
- Someone pretends they didn't grow up in St. Albert or Sherwood Park
- Someone's sleeping at a public library computer
- Drink for every exasperated sigh you hear in line at Daily Grind or Undergrind
- Drown your sorrows in a frothy pint when your professor sends the class a link to the Peer Support Centre before releasing your exam marks
- A first-year asks you for directions in god damn November
- You see a white male in a Gender Studies class who's totally there for the booty (drink for each one)
- You can smell Panda Hut Express from Rutherford
- People talk about Orientation in, like, January?
- You feel horribly out of place for not really liking dodgeball
- A librarian gives you attitude
- Someone starts a comment with "as a single mother..." or "I'm not racist but..."
- You're told to check your privilege unironically



- You buy Subway for five days straight
- The Nursing student giving you your flu shot is more nervous than you are
- Have a drink if you're cocky enough not to get a flu shot
- An acquaintance almost convinces you to join a sorority/fraternity
- You get pregnant on the Gateway couches. Wait, don't drink. You're pregnant now.
- "I did my first year at MacEwan"
- You walk past someone sleeping on the SUB couches and catch a whiff of their feet
- The ladies at International Fare remember your order
- Tim Hortons runs out of soup at 11 a.m.
- You make eye contact with a campus bunny
- You make eye contact with a professor for the first time, and are suddenly overcome with the darkest depths of human loneliness
- Someone actually gets pissed at people walking on the left side of HUB, as if it's actually a thing that matters
- You spend 50 minutes learning how to write a thesis statement in a 400-level class



• UALBERTA •

BINGO

<p>A green sweatpants boner</p> 	<p>Catching someone mid-Snapchat</p> 	<p>Someone crying during the MATH 113 midterm</p> 	<p>Beer cans in a library garbage can</p> 	<p>Someone cruising UAlberta Confessions during class</p> 
<p>Inspirational bathroom graffiti</p> 	<p>Leggings as pants</p> 	<p>Meme poster</p> 	<p>A texting Starbucks barista</p> 	<p>Quad snowman</p> 
<p>Magpie</p> 	<p>HUB bedroom window lined with liquor bottles</p> 	<p>PET THERAPY EVERYBODY WINS</p> 	<p>A car driving down the bus loop</p> 	<p>A sad-looking Engineering student</p> 
<p>A young business student in an oversized suit</p> 	<p>Backpack on wheels</p> 	<p>A Herschel backpack</p> 	<p>Non-Coca Cola brand beverage bottle</p> 	<p>The Office of Sustainability is handing out pens again</p> 
<p>Dirty microwave</p> 	<p>A lost-looking pizza delivery guy</p> 	<p>A "wash your hands" sign vandalized to say "wash your anus"</p> 	<p>Greek hoodie</p> 	<p>Sherwood Park double-decker bus</p> 

Arts & Culture

social intercourse

COMPILED BY Maggie Schmitt

Orestes 2.0

Timms Centre for the Arts (87 Avenue 112 Street)
Wednesday, Nov. 12 at 7:30 p.m.
\$5 with student ID

Like a re-boot of a classic TV show or movie, *Orestes 2.0* is a play which gives new life to an old story by setting it in the modern world. The original story tells of life following the Trojan War, focusing on Orestes and his sister's trial for murdering their mother. Adapted by Lily Climenhaga and Liam Salmon, come support your fellow students in this production, which runs November 12 – 16th. If you want to save a few dollars, be sure to catch Wednesday's showing for half-priced tickets.

Raising the Roof Kick-Off Party

Café Bicyclette (10242 106 Street)
Thursday, Nov. 13 at 7 p.m.
\$10

What's not to love about celebrating the campaign of a charity while socializing with your friends over hors d'oeuvres and a cash bar? Raising the Roof is an organization focused on long-term solutions to ending youth homelessness, with all of the money raised during their campaign given to support local youth initiatives. If that isn't enough to sway you to spend \$10, you're welcome to either a pair of socks or a toque with your admission ticket.

The Fine Art of Shmoozy

Latitude 53 (10242 106 Street)
Saturday, Nov. 15 at 8 p.m.
\$50

While not being the cheapest event of the week, Shmoozy is shaping up to be one of the most important events of the year for local fashion designers and artists. For the first time, Edmonton fashion designers and boutiques are hosting an auction with exclusive pieces. A silent art auction will be running all night, so it's a great way to find a painting to spruce up your dorm room! With a live show from Edmonton Music Prize award-winner Nuela Charles and food from The Common and Duchess Bake Shop, you're guaranteed to experience nothing but the best.

Scenic Route to Alaska

with Joe Vickers, Jesse and the Dandelions, Rusty
Pawn Shop (10551 82 Avenue)
Saturday, Nov. 15 at 8 p.m.
\$12

Scenic Route to Alaska is back with their addictive indie-folk-rock jams, this time with the best line-up imaginable. Drumheller's Joe Vickers is releasing his vinyl, so impress your friends by adding this gem to your collection. Jesse and the Dandelions will blow your mind, and Rusty will win over your heart. It's inevitable. As always, Scenic Route to Alaska is going to get everybody's hips swaying with their optimistic lyrics and groovy beats.



CHRISTINA VARVIS

Fledgling craft fair takes flight this weekend

Close run-in with student suicide inspires U of A CAPS employee to start The Ardent Sparrow craft fair

EVENT PREVIEW

The Ardent Sparrow Craft Fair

WHEN > Woodcroft Community League Hall
(13915 115 Avenue)
WHERE > Sunday, Nov. 16 from 10 a.m. to 2 p.m.
HOW MUCH > Free Entry

Kieran Chrysler
ARTS & CULTURE EDITOR • @CHRYSLERRR

• CONTINUED FROM PAGE 1

From these clothes came purses, and from the purses came The Ardent Sparrow project, a craft fair that targets small-time crafters who use the process as meditative practice, rather than strictly for-profit. This is the fair's inaugural year.

Roy Gratton wanted to sell the bags she made from her friend's clothes, and use the proceeds to help her travel to India for the student's wedding in 2016. She also wanted

to include several friends and coworkers who crafted and wanted to display their work, but were not producing crafts at a big enough volume to sell at a large craft fair with paid entry and expensive tables.

"I opened up the sale just to be if you wanted to be part of the fair you could," Roy Gratton explains.

"If you want a really nice handmade (craft), you'll be buying something local and handmade that was made for the purpose of bringing hope to somebody."

Many won't make the connection between mental health and a craft fair, but the idea of awareness is embedded in the name itself. "Ardent" means being passionate and energetic, and a sparrow is a bird that makes indestructible nests out of anything it can find: straw, clay, mud.

"That is really what we are trying to show here. We're taking nothing — mud, straw, clay — and making something out of it," Roy Gratton says.

This is an idea that fellow Ardent Sparrow contributor, Wendy Doughty, shares. She is the director of the University of Alberta's Student Success Centre, along with being a fused glass crafter in her spare time.

"The interesting thing with fused glass is that absolutely every piece can be used towards something. When I'm cutting glass or glass breaks it reminds me that everyone has value," Doughty says. "Working with glass is like working with students."

From her small, broken pieces of glass, Doughty creates everything from jewelry to coasters. The process has become therapeutic to her, and a symbol for her career working with students who may be in distress.

"For me, when I think of glass, with things that aren't working out you can pull those pieces together and something great can emerge. A lot of times though its finding the resources to pull them together," she notes.

Due to the unconventional beginnings of The Ardent Sparrow Fair, Roy Gratton says she hopes that students will become more aware of resources available to them, and will find the support they need to help them through difficult times.

"It's important that students know that it doesn't have to be a close friend or family member to help. It can be a complete stranger you can reach out to," Roy Gratton says. "I was a complete stranger to her. I knew her name, but I didn't know her."



the brewcrew

WRITTEN BY Keegan Goetz

Pump House Fire Red Ale

Brewery: Pump House, Moncton

Pump House Brewery is named for its routes starting in an old firehouse in Moncton, New Brunswick. Fire Chief Red Ale is one of their headliners that can be found across the country in the hands of enthusiasts and Canadian beer aficionados.

This amber ale pours a phenomenal red hue with a half-finger of head and moderate carbonation clinging to your glass. As a colour-blind individual that cannot optimally experience this colour, it was described to me well As I wallowed in self pity and shame. You wont miss out on any flavours or aromas here by consuming it from the well-decorated bottles you buy it in.

Fire Chief held a traditional amber ale scent of nuts and grain with a hint



Available at: Sherbrooke Liquor Store (11819 St. Albert Trail)

of floral aroma from the preserving hops. A scent that washes in feelings of a cool spring enjoyed by a BBQ with your firefighter friends; or isn't that all of us?

You will find similar flavours as you have scents, with the hazelnut and restrained hops making a reappearance. Caramel aftertastes come in abounding then quickly fades into a bite of beer bitter. We have neither a heavy nor light ale here, lending itself great to a steak or hamburger.

Pump House has succeeded in toppling my favourite craft brewer in favour for its eastern quirk and charm. If you are looking to enjoy the nutty flavours of this amber ale then look for the well packaged Fire Chief brew in six packs around the city.

fashion streeters

COMPILED & PHOTOGRAPHED BY Christina Varvis

James Davison

SCIENCE II



ALBUM REVIEW



Joe Vickers

Patient/Medicine Bag

Dusty 45 Records

joevickers.bandcamp.com

Gabriella Gut

ARTS & CULTURE WRITER • @GABBIT

Constructing a song with your own words, voice and guitar is easier said than done, but the accessibility of this music expression has been around for ages and continues to truck along. Joe Vickers finds himself among the individuals with this knack, a Drumheller dude, deep-rooted in prairie bluegrass and folk. His latest EP, *Patient/Medicine Bag*, scores a 4.0 on the folk music necessity checklist — you've got: storytelling, fast guitar strumming, banjo plucking, fiddling and foot tapping.

Where his vocal range fails to amaze, his humble-as-fuck spirit conjures up good vibes. This guy is more about the heart he tries to pump into the lyrics that he

handwrites while sitting on his farm's porch looking out at a picturesque prairie sunrise. He means what he writes and belts out, and we should tip our cowboy hats to that.

The EP title gives you the metaphor for mood, where it looks at the idea of someone going from good to worse to getting better. It starts off strong with a bucking happiness in "Dreamcatcher" and "Broken Wings," swaying into the sickly sweet, plucky sing-song, about-a-girl track "Cherry Pie."

Perhaps unintentionally, "Medicine Bag" is where it starts to get worse — it depends how high your tolerance for cheese is, but this track nails it for being cliché as

hell in terms of "prairie boy singing about the backcountry." From horse saddles to wheat fields and the four winds, this song has stuffed enough country keywords into it to derive a Western themed word-search. From this middle killing track, we move on into the intentionally heavier tunes. Slowed-down melodies are a call for emotional lulling but in Vickers' case that just means sticking on a Band-Aid and going back to kicking it with the good tunes.

So, after two slower tunes, "Embers" and the rest of the EP carries out with twanging folk feels. Vickers with his *Patient/Medicine Bag* is nothing new to the folk game, but it doesn't lack raw passion.

Vino Bitches

WRITTEN BY Corinne Riedel

WINE: Oyster Bay Marlborough Sauvignon Blanc 2013

As a wine that is above \$9, has a pretty image and tastes pretty too, this Sauvignon Blanc is way classy and has a magical way of impressing the guests with noses in the stemware, not in the air.

On the nose is a fresh and green bouquet, abundantly aromatic and herbal, alive with flowering currant leaves and gooseberry. Here is where the true daydreaming begins. You sail off in elegant, tropical fruit waters that take you far from the harsh prairie winter. Zesty, lively crisp sipping stretches the minutes into hours at the beach until the last sip is realized, that pure flavour of the fruit and region. The herbal and acidic finishes will pair perfectly with a chef's roasted and herbed garden vegetables and a seafood bisque.

Luckily the wine shop is next to the fish market, so you can pick up ingredients for that bisque when you grab a second bottle. Ah, daydreams, taking you places you need to go, like summer and the wine shop.



Price: 15.99

Available at:

Liquor Depot

GATEWAY: Describe what you're wearing.

JAMES: I'm wearing Clae sneakers. Well, I don't know if they're shoes or sneakers. I'm wearing this cableknit sweater that a drunk guy gave me because my friend Galen drove him home. And my shirt is blue, what do you call that ... checkers?

GATEWAY: What's your favourite thing you have on?

JAMES: I like these jeans actually. They're Levi 508's. They fit me even though I have childbearing hips. But sometimes the zipper comes undone when I don't want it to. Which is embarrassing.





FAST TIMES

AT RIDGEMONT HIGH

FREE
WITH
STUDENT I.D

WEDNESDAY
NOV 19

@

7
PM

**METRO
CINEMA**
AT THE
GARNEAU
8712 109 STREET

BROUGHT TO YOU BY YOUR CU

STUDENT NEWSPAPER, THE **gateway**



SUPPLIED

Twin Forks blends folk and friends

MUSIC PREVIEW

Twin Forks

WITH > Northcote and HIGHS
WHEN > Thursday, Nov. 13 at 7 p.m.
WHERE > The Starlite Room (10030 Ave - 102 St)
HOW MUCH > \$20 (ticketfly.com)

Maggie Schmidt

ARTS & CULTURE STAFF

There's something irresistibly charming about Twin Forks, the pet project of four successful musicians who came together to create cheerful melodies with uplifting lyrics.

Twin Forks' highly acclaimed self-titled LP is an uplifting celebration of "where you are in life, no matter where you are in life," according to singer and guitarist Chris Carrabba, who has spent most of his youth on the road as frontman of the emotionally driven beloved rock band Dashboard Confessional.

Although Carrabba's voice is as soulful in Twin Forks as it is in Dashboard, the spirit is entirely different, along with different instrumentation and a new lyrical point of view. Despite the large fan base for Dashboard Confessional, there's been a noticeable shift in the audience demographic.

"I'm surprised that I've got a good portion of this audience for this band that may not even know who Dashboard (Confessional) is," Carrabba says. "And that's pretty fun. I like the fact that they're drawn to it for what it is, not for who is in it."

This is largely due to the influence of the four different band members who together have a large amount of experience and a rather diverse musical portfolio. Mandolin player and singer Suzie Zeldin also plays in the band The Narrative, while drummer Ben Homola has toured with Brand New.

"I'd probably think the different people in the band make it its own unique thing," Carrabba notes.

Each member's different life experiences also contributed to the naming of the band, which shares its name with the garage that they used as practice space. Twin Forks refers to a road that splits into two forks, creating four different paths.

"It's not about those points going away from the centre of the road," Carrabba clarifies. "It's more about all of us coming from those four different points on the road and meeting in the middle."

For Carrabba, it's hard to name where his point on the road begins.

"I wasn't quite an army brat, but that's the only analogy I can use to describe how it was growing

up in 19 different cities or states or whatever it is between the age of kindergarten and graduation of high school," he says. "I'm a pretty transient guy as it is. I've been touring since I was 15, and a lot of those years have been like 300 days a year."

Despite their time on the road, all four members moved from Florida to bluegrass hot-spot Nashville, Tennessee in order to formally establish Twin Forks.

"I'm surprised that I've got a good portion of this audience for this band that may not even know who Dashboard (Confessional) is."

CHRIS CARRABBA
LEAD SINGER, TWIN FORKS

"I think that moving to Nashville has been really exciting by contrast compared to Florida," Carrabba says. "Because of not just the music culture, but the abundance of culture here, be it food, fine arts, performing arts ... it's a different place."

It's been a long and winding road for Twin Forks, but they're definitely on their way to becoming a household name, with Edmonton being just one of many stops along the way.

instrumentals to show their wide range of skills. You can hear everyone from Joe Budden to Hopsin in their vocals, MGK in their lyrics, and Eminem in their beats. At the end of the day, however, Brothers Grim sound like themselves. They establish their style early, and maintain it throughout the project.

In short, *MFTW* does everything a mixtape should. It drums up interest in their forthcoming album, establishing their sound and showing their lyrical ability. Though perhaps their origins might turn off listeners, it is lyrically and musically equal to many of the mixtapes from more "traditional" hip-hop backgrounds. It re-affirms the strength of the Edmontonian rap scene. Oh, and it's free.

beats as wide-ranging as the mixtape content.

With songs ranging in subject from "Ave Life" (118th and 63rd Street to be exact) to exactly how much weed they smoke ("Green Trees 2 Middle Fingers"), the scope of *MFTW* is classic mixtape. *MFTW* harkens back to old-school boom bap while mixing in just enough contemporary

ALBUM REVIEW



Brothers Grim

MFTW

futureisgrim.com

Mitchell Sorenson

ARTS & CULTURE STAFF • @SONOFAMITICH

Canadian hip-hop gets a bad rap. Pun-tastic analogy aside, it is easy to be overly critical through the first listen of *MFTW* due to predispositions surrounding the state of Edmonton hip hop. However, when one lets the stigma take a back seat, Pat Grim and Komrade (yes, they are actually brothers), give the listener 18 tracks of solid bars laced over

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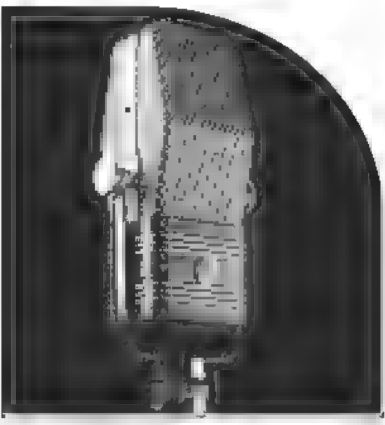
A BRIGHT FUTURE FOR SOLAR PANELS

JEFFREY CASTRUCCI wants solar panels to be so inexpensive that they can be put everywhere. As a chemical engineering PhD student, he is trying to identify links between the chemical structures of light absorbing materials and their performance in solar cells. These materials are similar to clothing dyes: they have striking colours and low production costs. If Jeffrey, a NSERC Postgraduate Scholarship recipient, can figure out which materials will make efficient, inexpensive solar panels, it will mean less dependence on fossil fuels for our electricity systems.

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Television teachers

The Gateway reflects on what television has taught us



Arts & Culture
Staff
GROUP COMMENTARY

As the generation that was (in theory) raised by television, we spent a lot of time staring into the mysterious box that made wild colours and funny voices at our childhood minds. But what did we learn in all our time spent in front of the TV?

Taylor Evans

Based on the lives of young women living in Los Angeles, *The Hills* was a semi-reality show that represented everything a young girl living in #yeg could ever wish for. Lauren Conrad, the star of the show, was the epitome of what I prayed to god puberty would do to me, but aside from looks, she provided so much powerful perspective for me as I dealt with girlfriends, douchebags and wanting to follow my dreams.

The Hills was the last reality show of its kind to honestly show female relationships. Now in shows like *The Real Housewives* and *Keeping up with the Kardashians*, all we see are superficial relationships resulting in constant power struggle. The Hills, however, was real — or as real as one could argue despite claims that it was scripted — as it revealed the complexities in female relationships. For one, that it's okay to think your friend is amazing and to love her to bits, but to also acknowledge that she's a complete idiot who is ruining her life. These unfortunate realities were shown through various scenes of black mascara tears, and accompanied by Lauren's famous words, "It wasn't all Brody, it was you!"

Above all, Lauren set a standard in my life to put up with no shit. To always put your best foot forward — or, in other words, look like a dime and always remember be kind — but at the end of the day to never settle for anything less than you deserve, and always, always choose Paris.

Jon Zilinski

It's not often that you witness the main characters of a TV show die in a freak science accident midway through the first season of the show's existence. This was the case in the now critically acclaimed Adult Swim series *Rick and Morty*.

The episode where our heroes die, *Rick Potion #9*, entails mad scientist Rick mutating every human on the planet past the point of no return. When Rick finds no solution, he and Morty travel to a parallel universe where he happens to find a solution, but a universe in which they also die shortly after solving the problem. Rick and Morty proceed to bury their own rotting corpses and continue on life as normal. Farfetched I know, but infinite universes do equal infinite possibilities.

What do I take from this? As stressed out as we all are, having multiple responsibilities with school, work, and family life,

take a second to relax. Morty puts this best when he later on explains the situation to his sister, Summer: "...nobody exists on purpose, nobody belongs anywhere, everybody's going to die. Come watch TV?"

Sophie Pinkoski

Scooby Doo may have been a goofy mystery caper about a gang of meddling kids and their talking dog, but the cartoon taught me to face my fears no matter how scary they were. Scooby and Shaggy always come across as loveable cowards, but with coaxing from Velma, Fred and Daphne (and a healthy dose of Scooby Snacks), they always rose above their fears, caught the villain, and saved the day. Having a strong group of friends to support you like that means you don't have to struggle through the worst of days on your own.

Each member of the mystery gang had a different approach to facing the monsters lurking in the shadows. Shaggy and Scooby played master of disguise, momentarily pretending to be someone they weren't to misdirect the villain of the day. Velma threw herself into research and always came out on top, despite losing her glasses and sight of her goal along the way. Daphne often fell prey to the monster, falling through trap doors, or getting kidnapped and thrown behind hidden panels, but don't we all succumb to our demons sometimes? And Freddie, procrastination incarnate, always conveniently burst in at the last second to pull the pieces together. If the gang can overcome spooky ghost clowns, you can overcome overwhelming paper deadlines and other equally stressful situations. Because at the end of the day, the monster you're running from is just another man in a mask.

Alex Cook

Television was never really meant to teach anything — it's entertainment for the masses. If you want to actually learn something, read a book — or so Ron Swanson, the hard-blooded libertarian of *Parks and Recreation* might say.

Ron Swanson's unique brand of pragmatic libertarianism is just one of the many facets of amazement and wisdom that is *Parks and Recreation*. Take April Ludgate, for example. Her dark, poisonous, pessimistic attitude towards life never fails to put matters in perspective.

Leslie Knope, on the other hand, sets the bar for optimistic go-getters and feminists everywhere. She works hard to improve her small town of Pawnee, Indiana, despite the deeply reactionary patriarchy that rule local politics. And her favorite food is waffles. You can't argue with that.

What *Parks and Rec* really teaches isn't related to favourite foods, or whatever jam they need to get themselves out of this week. Through their pragmatism, their realism, their optimism, viewers learn how everyone could stand to be a little more like this seemingly arbitrary group of coworkers from Pawnee.

Le Grand Cahier shows a new perspective on WWII

Film attempts to display a different view of the brutality of war by telling story through eyes of children who are affected by it

FILM REVIEW

Le Grand Cahier

WRITTEN BY > Andras Szeker

DIRECTED BY > Janos Szasz

STARRING > Lazlo Gyemant, Andras Gyemant

Now Playing

Michael Vecchio

ARTS & CULTURE WRITER ■ @MICHAELVECCHIO2

Many forget to consider a child's narrative when discussing thoughts of war; it's rare to see a film concerning war recounted almost exclusively from the perspective of children. In *Le Grand Cahier*, a Hungarian-language film based on the novel of the same name, it is precisely the children's perspective that leads the story about the cruelty and indifference of war. But despite its well-crafted intentions *The Notebook* (as it is titled in English) is a tedious film that only mildly elicits a reaction of sympathy. While one may certainly commiserate with the state in which the characters find themselves, it is the main characters' actions and demeanor that leave little room for endearment from the audience.

In 1944 Hungary, unnamed twin brothers (Laszlo and Andras Gyemant) are sent to live in the Hungarian countryside with their maternal grandmother until the end of WW2. The two boys exist as one, never leaving each other's side



SLAPPLIED

and displaying thoughts as if they share a single brain. While the war drags on around them, they quickly discover their new home is anything but a pastoral paradise; their grandmother is a vindictive, bitter and cruel alcoholic (known by other villagers simply as "The Witch") who begrudgingly takes in her grandsons and whom she frequently physically abuses and verbally berates even referring to them as bastards every time they are addressed. Finding their only solace in a notebook that their father left them with instructions to record their entire experience, the boys not only begin to document everything but undertake

an unusual regimen of physically and mentally abusing themselves so that they become immune not only to their grandmother's abuse but to the harsh reality of village life under war.

There are virtually no likeable characters in this film at all — including the twin boys. Although they are initially portrayed as sympathetic figures, as the plot unfolds we can see them becoming as crude and insensitive as their grandmother and everyone else around them. They deliberately starve, beat and belittle themselves in an effort to become "tough," but these sequences do not bring out

admiration, but rather distaste. The stoicism they grow to possess begins as noble in intention but becomes pathetic and ultimately unnatural. It no longer becomes the story of war as witnessed through the eyes of children, but a story of how war and everyday inhumanity can warp even two bright young boys into becoming emotionless and completely unsympathetic characters on the verge of madness.

Le Grand Cahier is a slow-moving and tedious film that despite its average runtime (110 minutes) feels much longer due in large part to its humdrum narrative and generally unremarkable cinematography.

But perhaps it could have still been worthwhile if the main protagonists weren't so unlikeable; empathy for them quickly evaporates and for the rest of the film we simply watch as they descend further and further into unimpressive detachment.

What is the point of the film then? That war is horrific and that love is needed in the home? The novel may provide more insight than its movie counterpart. But, regardless, these are things we should already know; if there is a commentary to be gained by it, then perhaps it is simply that no one is truly immune from the disaster of cruelty and wartime, including innocent children.

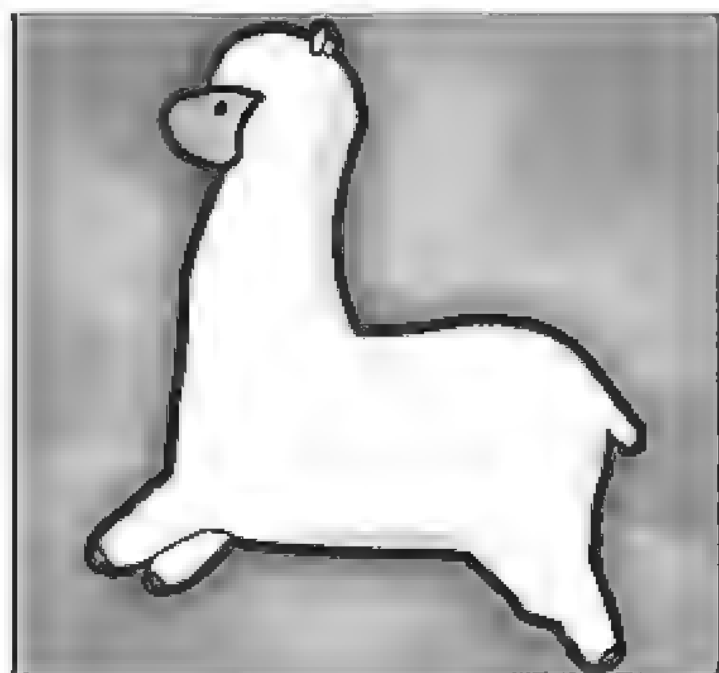
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WRITTEN BY **Holly Deillieux**

Alpaca World

COST > Free

PLATFORM > iPhone, Android



Every once in a while you stumble upon something that is so hilarious and terrible at the same time that it's endearing. Alpaca World is the embodiment of this idea.

Picture this: you own an alpaca farm. You start off with one alpaca: you feed it, you shear it, you dress it but what next? How about take it into the field to fight other alpacas, Pokemon style.

The alpacas have four attacks: two basic and two limited "super" attacks. One of these attacks is your alpaca somehow summoning a meteor which effectively one-hit kills the opponent. You may be wondering, how exactly does an alpaca call upon meteors to smite their enemies? It's that type of quirky game play that makes this low budget mobile game so charming. When you defeat an alpaca it is followed by a highly satisfying animation of the opponent either dramatically slumping to the ground or flying off into the distance accompanied by a cartoony whirring sound.

Ultimately, the point to the

game seems to be to collect every possible colour of alpaca, 127 in fact. This alpaca rainbow includes everything from a putrid putty green to sweet pink. Once you reach the rank of "assistance" which is one of the bonus in-game spelling mistakes, you can breed your alpacas. This is just one way of attaining alpacas — you can also buy them from the shop or catch them yourself.

The fact that you cannot share or play with friends on this app is a huge missed opportunity. It is possible that such features may be included in later updates of the game, but for now it leaves the game with very finite capabilities for game play.

Overall this is clearly a simple, low-budget game not meant to be taken very seriously. Whether you're laughing at it or with it, this bizarre novelty game is sure to make a great distraction.

Dat App is a regular Arts & Culture feature that high-lights the best app available.

ALBUM REVIEW

Röyksopp The Inevitable End

Arts & Crafts
Röyksopp.com



Jon Zilinski

ARTS & CULTURE WRITER

Röyksopp's fifth LP suggests this is quite literally "the inevitable end" for electronic musicians Röyksopp — kind of. The Norwegian duo has stated that they're "not going to stop making music, but the album format as such" and that "this is the last thing" from them. So fans rejoice, as this project will continue on, however we're still left this peculiar pseudo goodbye — perplexing album *The Inevitable End*.

The album is about "the end," but how you interpret that is left to the listener. "Skulls," the album's opening track, pulls you in with Kraftwerk-inspired vocals and production. The listener becomes blinded to the eerie parallel "we will be the hands that hold you high/we will be the hand that strikes you down." We are also given choice of interpretation in the breakup ballad "You Know I Have To Go." After an emotional seven minutes, we're hit with the ending line "maybe this is love?" giving the

listener multiple paths in which they can chart their breakups past. Maybe I broke up with you because I love you; maybe I broke up with you because you're a psychotic loser. You'll never know. Regardless, this is a clever way subtly give the listener choice. Through effectively using increased vocals, cryptic writing, and ever so Krafty (get it?) production, we see the levels of maturity Röyksopp have reached after five albums.

Coming in hot off the success of 2013's "Do It Again" collaboration

with pop-star Robyn, It's apparent that Röyksopp are ending this stage in their career on a strong note. *The Inevitable End* is an emotional and musical mosaic; Röyksopp casts a shadow of varying degrees over their dreamy synthpop and this variance effectively guides the listener emotionally throughout the album. With the effort brought forth here, it may be their most intriguing and best work to date, even if it is the last we will hear from the duo. The question we can ask now is: what is next for Röyksopp?

Sports

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Soccer Bears come up short at CIS Nationals

Cameron Lewis
SPORTS EDITOR • @COOOM

The Golden Bears soccer team's Cinderella story came to a disappointing end last weekend, as the team dropped both of their games at the CIS National Championship in Charlottetown, P.E.I.

The Bears snuck into Charlottetown as underdogs after beating the Calgary Dinos and UBC Thunderbirds en route to a second place finish in the Canada West playoffs. After dropping their first game in a tightly contested 2-1 match against the University of Quebec at Montreal Citadins, the Bears suffered a 3-0 loss to the University of New Brunswick Varsity Reds, spelling the end of their season.

"Given the number of players we lost early in the season and the players we introduced to the lineup, they performed very well," head coach Len Vickery said. "I don't think many people expected

we would make the National Championship finals, so when it's all said and done I think they've done remarkably well this season."

Forward Mohamed Teliani gave the Bears an early lead in the sixth minute of the first game against UQAM, but the Citadins knotted the game at 1-1 just five minutes later. The Citadins controlled the game in the second half and finally broke through in the 74th minute, giving themselves a 2-1 lead that would eventually be the final score.

"We put ourselves in a position to win the game, but unfortunately it just wasn't there," Vickery said about the Bears' loss to UQAM. "At the end of the day we certainly had our opportunities. We gave up a tying goal, but we had many opportunities to wrestle the game away from UQAM, but a long-range free kick finally undid us.

"You're always encouraged and happy when, at the very least, you

give yourself an opportunity to win the game and we had every opportunity to win that game."

"We put ourselves in a position to win the game, but unfortunately it just wasn't there."

LEN VICKERY
HEAD COACH, GOLDEN BEARS SOCCER

With the loss, the Bears were eliminated from championship contention and were relegated to the consolations bracket of the tournament, where they lost 3-0 to New Brunswick. Despite being eliminated from the tournament, Vickery said he was proud of the effort his players displayed in the consolation game.

"All credit to the players," he said. "They made a commitment to be competitive and go and win that game, but unfortunately we got a

red card that left us to 10 men with just a few minutes to go in the first half. It put us in a position where, even with 10 players, we're trying to push forward."

While the outcome of the tournament was disappointing, Vickery said the experience the players got from such a lengthy playoff is incredibly valuable moving forward.

"I think that if you make it to a Canada West championship, or a CIS national championship it gives the players some exposure and an idea of what it takes," he said. "It shows them what it's like and what it'll take to get themselves back there next year, so it's very valuable from a learning point of view.

"It's unfortunate with a quarter-final setup, there's always four teams on the sideline after the first day of competition," he added. "We were there and these players conducted themselves in a tremendous way and were good representatives of the University of Alberta."

Quarter-finals



2 - 1 Loss



Consolation game



3 - 0 Loss



COMING UP SHORT Bears soccer dropped both of their games at CIS nationals in Charlottetown, P.E.I. last weekend.

MELISSA WEBSTER

Athletes of the Week



RANDY SAVOIE

Bears

T.J. Foster - Hockey

Bears' forward T.J. Foster added to his impressive start to the season last weekend, picking up a goal and two assists in back-to-back wins over the Manitoba Bisons. Foster picked up one goal on Friday, but easily could have had more as he put five shots on net. He grabbed a goal and an assist in the second game, moving him to sole possession of second place in Canada West scoring with 20 points in 12 games. – Cameron Lewis

Pandas

Saskia Van Ginhoven - Basketball

Pandas forward Saskia Van Ginhoven led the way last weekend, helping her team pick up two wins over the Trinity Western Spartans. Van Ginhoven put up 22 points and 12 rebounds on Friday, and then followed it up with a solid 14 points nine rebound performance on Saturday. The Pandas, now 4-0 on the season, have won 23 straight conference games dating back to last season and appear to be the team to beat in Canada West. – Cameron Lewis



MIGUEL ARANAS

bears volleyball



3-0
3-0



The Bears remained undefeated this weekend by easily handling an injury-ridden MacEwan Griffins squad, winning back-to-back 3-0 matches. Even if the Griffins had their biggest offensive weapon, outside hitter Marcus Ernewein, the result would've likely been the same. The Bears imposed their will all weekend, led by CIS setting leader Brett Walsh and consistent offence from all corners of the court. Steady defence and strong play from both starters and bench players assured victory for the Golden Bears. The 10-0 Bears will be in Vancouver next weekend to take on the 8-2, second-ranked UBC Thunderbirds. – Mitch Sorensen

pandas volleyball



3-0
3-0



Facing a quality team in the MacEwan Griffins, the Pandas showed their ability to close and play consistently throughout the weekend. Winning both Friday's and Saturday's games by identical 3-0 scores, strong serving and impenetrable blocking and defence gave the Pandas the necessary edge. Dione Lang and Josephine Doerfler were forces at the net, and Jessie Niles remained rock-solid in the libero position. The 8-2 Pandas will also travel to the west coast to take on the 6-4 UBC Thunderbirds, last year's Canada West champions. – Mitch Sorensen

bears basketball



85-59
85-66



The Bears basketball team improved their record to 3-1 last weekend with back-to-back wins on the road against the Trinity Western University Spartans. On Friday, the Bears put together a massive 50 point second half on their way to an 85-59 victory. They followed it up on Saturday with a nearly identical performance, taking down the Spartans 85-66. Forward Mamadou Gueye led the way for the Bears all weekend, putting up 25 points and 13 rebounds on Friday and 20 points and seven rebounds on Saturday. The Bears will look to build on their winning streak next weekend when they host the winless UBC Thunderbirds at the Saville Centre. – Cameron Lewis

pandas basketball



88-65
89-55



The Pandas basketball team improved their record to 4-0 to start the season with two commanding victories on the road against the Trinity Western Spartans last weekend. They kicked off their weekend with an 88-65 win on Friday, where they managed to hold the Spartans to only six points in the first quarter. They kept the ball rolling on Saturday, when they hammered the Spartans even harder, coming out with an 89-55 win. The Pandas found scoring from their entire team, as seven players scored at least nine points on Friday, while four players scored 10 or more on Saturday. The Pandas will look to keep their unbeaten streak going next weekend when the 2-0 UBC Thunderbirds come to town for a two-game set at the Saville Centre. – Cameron Lewis



NO PROBLEMO The Pandas dominated the Trinity Western Spartans last weekend.

MIGUEL ARANAS

Puck Pandas exchange wins with Bisons, Bears extend streak to 10

James Davison

SPORTS STAFF • @THEJAMDIDDY

The Pandas' hockey team got off to a decent start this weekend after they beat the Manitoba Bisons 1-0, but failed to complete the sweep on Saturday after losing to Manitoba 4-3, putting them in second place in Canada West.

Head coach Howie Draper said the Pandas were expecting a high-tempo game from their opponents, but found the Bisons applying more pressure than they were expecting.

"We didn't have a lot of time to move the puck and when we did have time, we rushed it," Draper said. "As you play in a game like that, the more you get used to it, the more you make small adjustments as an individual."

"I think we were just starting to make those adjustments as the game continued."

Draper credits goaltender Lindsey Post with Friday's win, after she managed to stop all 21 shots put

on goal by the Bisons. The second game of the weekend was a different story, as Post struggled, allowing four goals on 20 shots.

Draper added he hopes the Pandas will play a more consistent game when they face the first-placed University of British Columbia Thunderbirds in Vancouver next weekend.

"UBC has some goal scorers, so if you make an error, they can put the puck in the back of the net very quickly," Draper said. "We've got to minimize our errors to the best of our ability and somehow try to figure out how to be a more poised, confident team against a high pressure checking system."

Prior to this weekend, Pandas forwards Jessica Kampjes and Tess Houston were awarded spots on Team Canada for the 2015 Winter Universiade games that will take place in Grenada, Spain. The competition will see university athletes from more than 50 countries compete in a variety of

winter sports.

Draper said he's not surprised the two were chosen to represent Canada.

"They both can skate the game at a high level," Draper said of Kampjes and Houston. "They've got good speed and you need that when you're playing in any international competition, particularly because it's a big ice surface."

"If there's one thing that a lot of the European ice hockey nations have, it's speed and skill."

Canada's women's ice hockey team won gold at the 2013 Winter Universiade in Trentino Italy in a 5-0 match against Russia.

The Golden Bears hockey team continued its domination of Canada West last weekend with two wins over Manitoba, giving them a four-point lead over the Calgary Dinos for first place in the conference. The Bears will look to build on their 10-game winning streak next weekend when the 6-4 UBC Thunderbirds come to town.

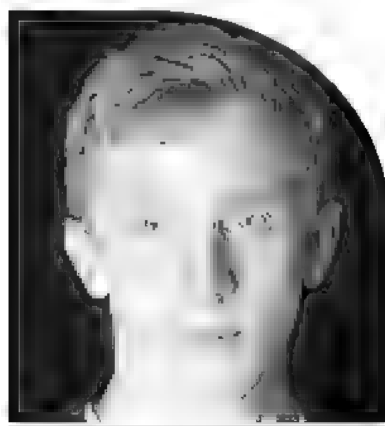


EUROTRIP Pandas forwards Jessica Kampjes and Tess Houston will play for team Canada at the 2015 Universiade games.

RANDY SAVOIE

Should people use protein powder?

Using protein supplements leads to an unwanted gain in fat mass



Adam Pinkoski
POINT

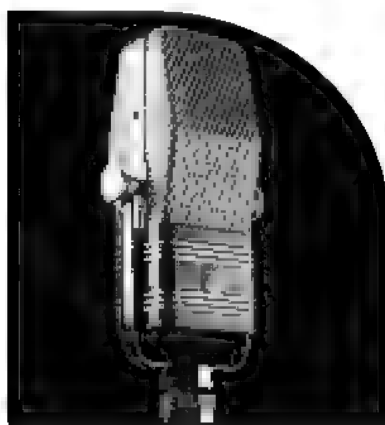
As a certified fitness trainer, I fundamentally disagree with the use of protein supplements in workouts unless they are used by a trainee who is malnourished or if their objective with training is to gain weight, regardless of whether that mass is fat or muscle. Many people are drinking protein supplements but hardly any of them are informed on the reasons why you would actually need to drink supplements.

For starters, protein is needed to rebuild the muscle fibres that are broken down during exercise. It's the basic building block for muscle growth and if it isn't available in sufficient quantities, you can become malnourished. If you have dietary constraints, such as being a vegetarian or a celiac, protein supplements can be beneficial. People often take supplements to give them an extra boost of energy during their workout. If this is the desired effect, protein supplements are not the way to go.

The body can only use a finite amount of protein at any given time — just because there is more protein in the body does not mean all of it will be used. As a result, a lot of the protein

that is consumed is transferred into fat and stored around the body. By consuming protein supplements to give yourself a boost of energy during workouts, it's actually facilitating weight gain in fat mass. Protein supplements can assist in decreasing recovery time, but if protein intake is already high in the trainee's diet, then the supplement is just facilitating the conversion of protein to fat. You might be getting big and your gains might be "sick" but most of it is fat and very little assists in the increase of strength. Protein supplements are good for very specific situations. But if you are just looking for a boost in energy to get you going, you are far better off with an energy drink before working out.

Protein supplements are a quick and convenient way to get nutrition



Taylor Evans
COUNTERPOINT

Current gym culture accepts a busy shaker cup as gains, bro. It's unfortunate that as fitness expands as a fad, so does the number of people improperly using protein supplements, or using them without knowing what they're actually doing. If used properly they can be a powerful tool in gaining muscle and increasing overall athleticism, especially for busy students or busy people who struggle to find the time to exercise.

With its fast digestion rate, it's the optimal supplement to consume

post-workout to aid in the rebuilding of depleted and torn muscle tissue after a strenuous, high volume workout. Other protein sources like chicken, steak, or eggs also contain varying quantities of fat, and although fats are an important macronutrient, it slows down digestion and delays nutrient intake. This quality is vital when fueling your body to last the day, but post-workout, you want a spike in protein and carbohydrates. To put it simply, these whole-food protein sources won't digest fast enough to properly aid in muscle recovery and protein synthesis in the same way whey protein does.

For an athlete or a body builder who trains every day, hitting optimal opportunity for growth and recovery is crucial. Even if you're not an athlete or a body builder, protein

supplements can still have a place in your routine. Many individuals don't receive enough protein, in fact most individuals are unaware of how many macronutrients they consume in general. Although everyone is different, a general starting point is a gram of protein per pound of body weight, give or take depending on if your physical goals involve muscle growth. For a person who weighs 220 pounds, it's incredibly hard and expensive to consume around 220 grams of protein a day without using protein supplements. The convenience of a protein shake triumphs while trying to get imperative nutrients and calories into your body and is often preferred in comparison to the awkward experience of pulling out a Tupperware container of chicken in the middle of class.



CHRISTINA VARVIS

RIVER VALLEY ROAD/ GROAT ROAD INTERCHANGE PLANNING

STAY INVOLVED.

Open House

Wednesday, November 19, 2014
4:30 p.m. – 8:00 p.m.

Oliver School
10227 118 Street

Presentations at 5:30 p.m. & 7:00 p.m.

The City of Edmonton thanks everyone who completed our online survey on this project. Now join us to review concept plan options that look at changes to the interchange configuration to improve traffic flow and reduce conflicts between drivers and pedestrians/cyclists.

Some of the proposed changes would affect traffic operations in the area. We encourage members of the public to learn more about the project and to share their views.

FOR MORE INFORMATION
www.edmonton.ca/RiverValleyGroatInterchange



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Learn more about and get involved in City issues affecting you and your neighbourhood. Go to www.edmonton.ca/PublicInvolvementCalendar for a list of public involvement opportunities.

Oh the weather outside is frightful

But the fire is so delightful

And since you've got no place to go

...curl up by the fire and write something for

The Gateway's opinion section

gateway **OPINION**

Volunteer for opinion.
Meetings every Wednesday at 3pm in SUB 3-04.



Terrible contracts handed out in sports

5. Rick DiPietro: New York Islanders General Manager Mike Milbury was heavily criticized for controversially picking goaltender Rick DiPietro first overall in the 2000 NHL draft, passing up on all-star players such as Dany Heatley and Marian Gaborik. The situation only got worse in the summer of 2007, when DiPietro was signed to a ludicrous 15-year deal worth \$67.5 million.

This deal set an NHL record for longevity, but DiPietro never came close to living up to it. After signing the deal, DiPietro faced an injury-plagued career, playing only 113 more games for the Islanders. His contract was bought out in the summer of 2013 with eight years still remaining. Even though it's unlikely DiPietro will ever play in the NHL again, at least he can thank the Islanders for paying him \$1.5 million a year until 2029. – Jon Zilinski

4. Alexei Yashin: The New York Islanders signed this mammoth contract with Alexei Yashin in 2001, shortly after acquiring him in an exchange with the Ottawa Senators. After a tumultuous departure in Ottawa, Yashin inked a contract worth \$87.5 million over ten years that served as a benchmark for terrible deals in the NHL and cemented the Islanders' franchise as a beacon for bereaved fans.

Yashin's play would quickly decline in the wake of his massive contract and so would the Islander's hopes for playoff success. The 2006-07 season served as the final disappointing season for Yashin in Long Island, as the Islanders would buy out

his contract for nearly 18 million dollars. Although it's been more than seven years since Yashin laced up his skates in the NHL, the Islanders have continued to pay the forward more than two million a year to not play for them. – Mike Simion

3. Gilbert Arenas: With superstar Gilbert Arenas facing free agency, the Washington Wizards were facing an interesting dilemma. They had no idea what they were getting with Arenas at this point: the deadly scoring threat and franchise player that had led them to consecutive playoff appearances for the first time since 1988, or the player just coming off a season-ending knee injury that threatened his chances of returning to being the star player he was.

The Wizards eventually bit the bullet and in 2008 signed Arenas to a six-year, \$111 million deal, hoping he would return to full health. That's when things got ugly. Arenas never returned to all-star form, his contract wrecked the Wizards for years to come, and he was even caught with a gun in his locker after an altercation with teammate Javaris Crittenton over a gambling debt. Two years after signing the deal, Arenas was sent in a trade to the Orlando Magic, where he continued to struggle. The Magic used their amnesty buyout on Arenas, resulting in them paying him \$20 million a year to not be on the team. – Jason Shergill

2. Alex Rodriguez: As one of the most talented players to ever play baseball and a superstar at two different positions — shortstop

and third base — Rodriguez was worth a lot of money. But is paying \$252 million for a player ever really fully justifiable?

Prior to the 2004 season, Texas traded him to the Yankees while also agreeing to eat \$67 million of his contract. Rodriguez clearly thought he wasn't being compensated fairly for his play, so in 2007, he opted out of his already ridiculous contract, in order to request an even more ridiculous contract — 10 years and \$275 million. Now he's getting paid a ludicrous amount of money to hang out at home as he serves his suspension for steroid use. The Yankees are known for handing out fat contracts and this might be the worst one, especially considering Rodriguez's age and uncertain future. – Zach Borutski

1. JaMarcus Russell: The next time you lose money on an investment, don't feel too bad — odds are it didn't put you \$61 million in the red. The Oakland Raiders dropped this amount on JaMarcus Russell back in 2007 to make him the first overall pick in the NFL draft, and for all purposes, it seemed like a great deal. Russell had been a starter in every game in his high school career, and his 10,774 career passing yards record still stands today in Alabama's High School Athletic Association. College brought more success, and Oakland eventually picked him up in 2007. Russell's lack of drive and determination, failed appearances to practices and his weight issues prompted the team to release him in 2009. Since then, JaMarcus hasn't played professionally in the NFL. – Kobe Amoh

This week in sports history

Zach Borutski
SPORTS STAFF • @ZACHSPRETTYCOOL

Nov. 12, 1892: Pudge Heffelfinger receives \$500 to play in an NFL game, making him the world's first professional football player. This caused quite a controversy, as the NFL at the time was reserved for unpaid, amateur athletes only. In his first game with the team, Heffelfinger helped the Allegheny Athletic Club defeat the Pittsburgh Athletic Club 4-0 in what I can only imagine was an absolute barn-burner of a game. By today's standards, \$500 seems like a negligible amount for NFL players, but at the time, Allegheny was paying quite the premium for Heffelfinger.

Nov. 6, 1976: Bill Campbell becomes the first free agent in MLB history to sign with a new team, moving from the Minnesota Twins to the Boston Red Sox. A common practice today, it's strange to think that not very long ago players would only switch teams because of a trade. Free agency changed the

power balance in baseball, allowing any team to compete for good players when their contracts ran out. Now fans look to the offseason with almost as much fervor as the regular season, trying to predict where players will sign, and hoping their teams can retain players, or sign new ones.

Nov. 7, 1991: Los Angeles Lakers superstar Magic Johnson announces he has AIDS and officially retires from the NBA. Widely considered one of the greatest basketball players of all time, Johnson's announcement came as a shock to many. The announcement started a storm of rumours about Johnson's sexuality, simply because of the very low percentage of straight males that had contracted the disease. Johnson assured people that he was straight and also accused fellow NBA player Isaiah Thomas for starting the rumour — which Thomas denied. Johnson used the diagnosis to start his own foundation to combat AIDS, as well as speaking out against the disease whenever possible.



SUPPLIED



SUPPLIED

What if..... Bartman didn't interfere with the ball?

Cameron Lewis
SPORTS EDITOR • @C000M

I don't think the Chicago Cubs' collapse in the 2003 National League Championship Series was Steve Bartman's fault. The Cubs held a 3-1 lead in the series and had three chances to put an end to the Marlins and failed to do so on multiple occasions. But there's a reason the sixth game of the NLCS is known as the "Steve Bartman incident."

With the Cubs holding a 3-0 lead in the game, five outs away from their first World Series appearance since 1945, a fan in left field interfered with a ball that could have been the second out of the inning. It doesn't really seem like that big of a deal, but it's still one of the most infamous baseball moments of all time.

Now more than 10 years after the incident, Bartman hasn't been seen on the streets of Chicago. The ball was popped into foul territory and when fielder Moises Alou reached into the stands to catch it, a series of arms got in the way and knocked the ball away from him. The Cubs pleaded for a fan interference call,

but the at bat continued. The batter, Luis Castillo, ended up taking a walk, which began the collapse of the Cubs.

The Marlins went on to score eight runs in the inning, taking the game 8-3. The rest is history. The Marlins won the deciding game of the series the next night and then went on to beat the Yankees in the World Series. What if Steve Bartman didn't interfere with Alou? First of all, it's unlikely Alou would have actually caught the ball. Throughout his career, Alou was known as a phenomenal hitter and a fair defender, but by 2003, at the age of 36, his best years as a defensive outfielder were behind him. Alou's meltdown after Bartman hit the ball didn't help the cause either.

By having a tantrum in the outfield, Alou completely changed the atmosphere of the stadium, which probably had an effect on his teammates' psyche. If he had trotted back to his position as if nothing had happened, starting pitcher Mark Prior may have been in a better position to get his team out of the jam. That brings up another issue. Why was

Mark Prior still in the game after 119 pitches thrown?

Prior had already thrown 116 pitches just six days earlier in the second game of the series, and didn't have the gas to get through the eighth inning. The Cubs had some solid pitchers available who certainly could have had better luck piecing together two innings of relief.

There were a lot of reasons the Cubs blew this series that have nothing to do with Bartman, but he's a convenient scapegoat. If he didn't interfere with the ball, the Cubs would have been more likely to maintain their composure, but Prior still would have been too exhausted to pitch his way out of the inning.

It was poor management that lost the Cubs this series, not Steve Bartman. Also, even if the Cubs had made it to the World Series, they would have been spanked by the Yankees. If their pitching staff couldn't keep the Marlins at bay, how on earth were they going to keep the Bronx bombers off the scoresheet? Sorry Cubs fans, the Marlins were the team of destiny that year, not you.

DO YOU HAVE ELLO?

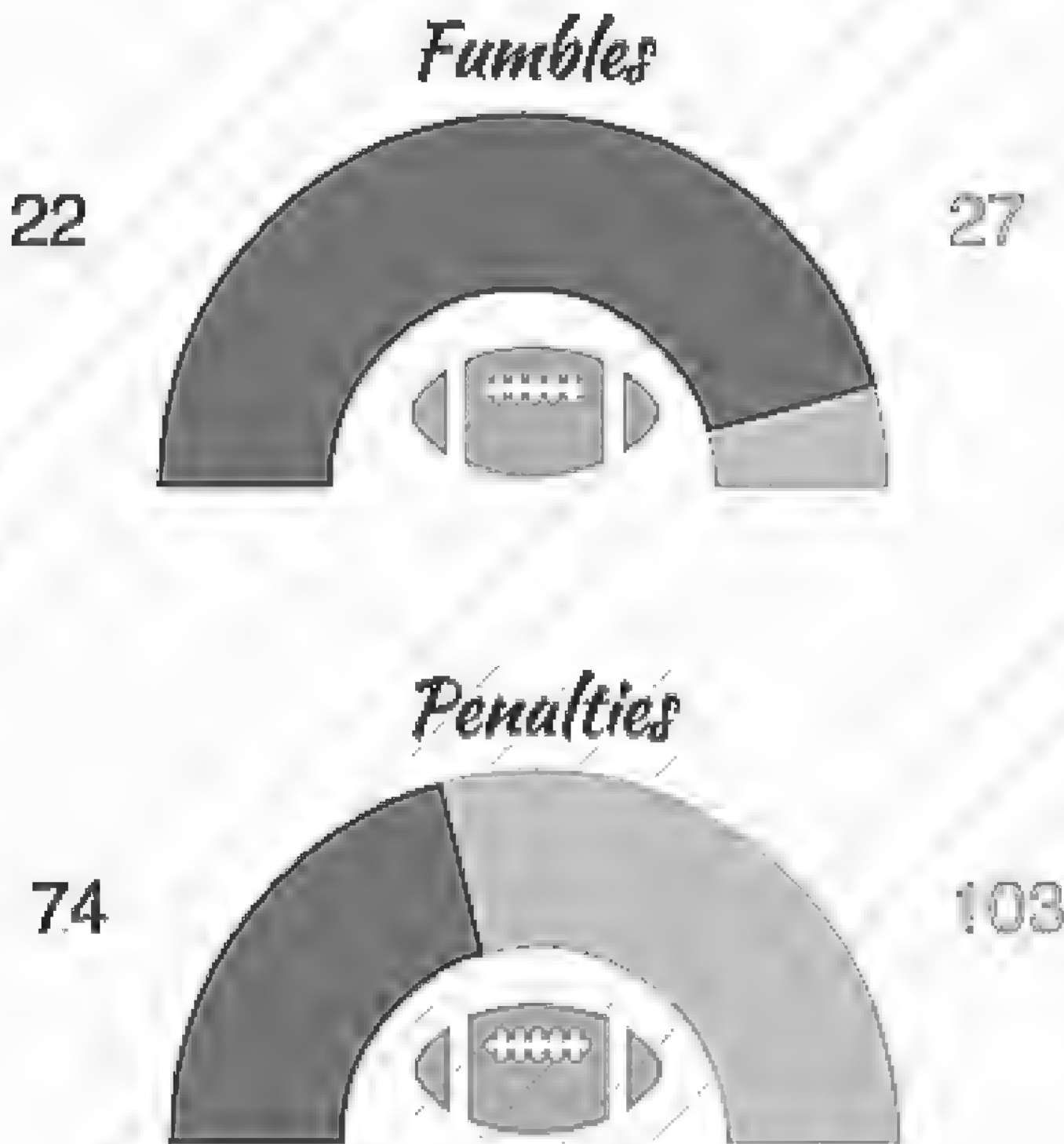
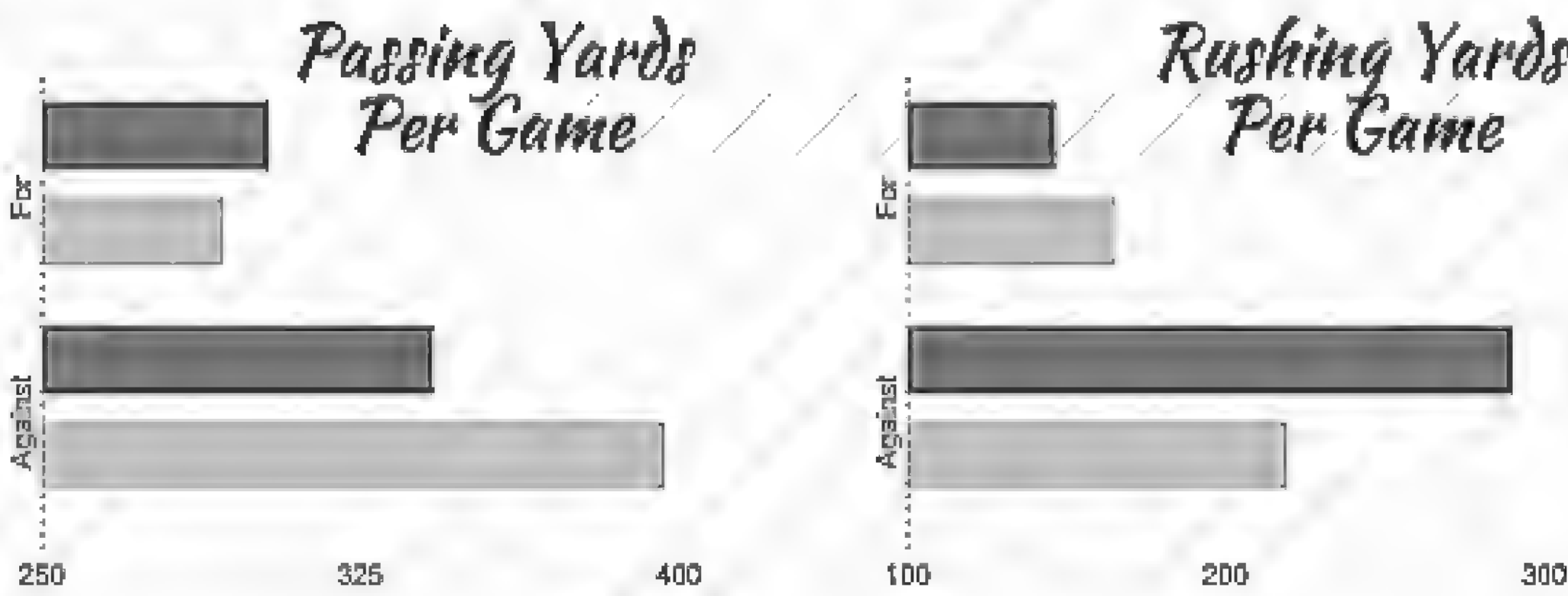
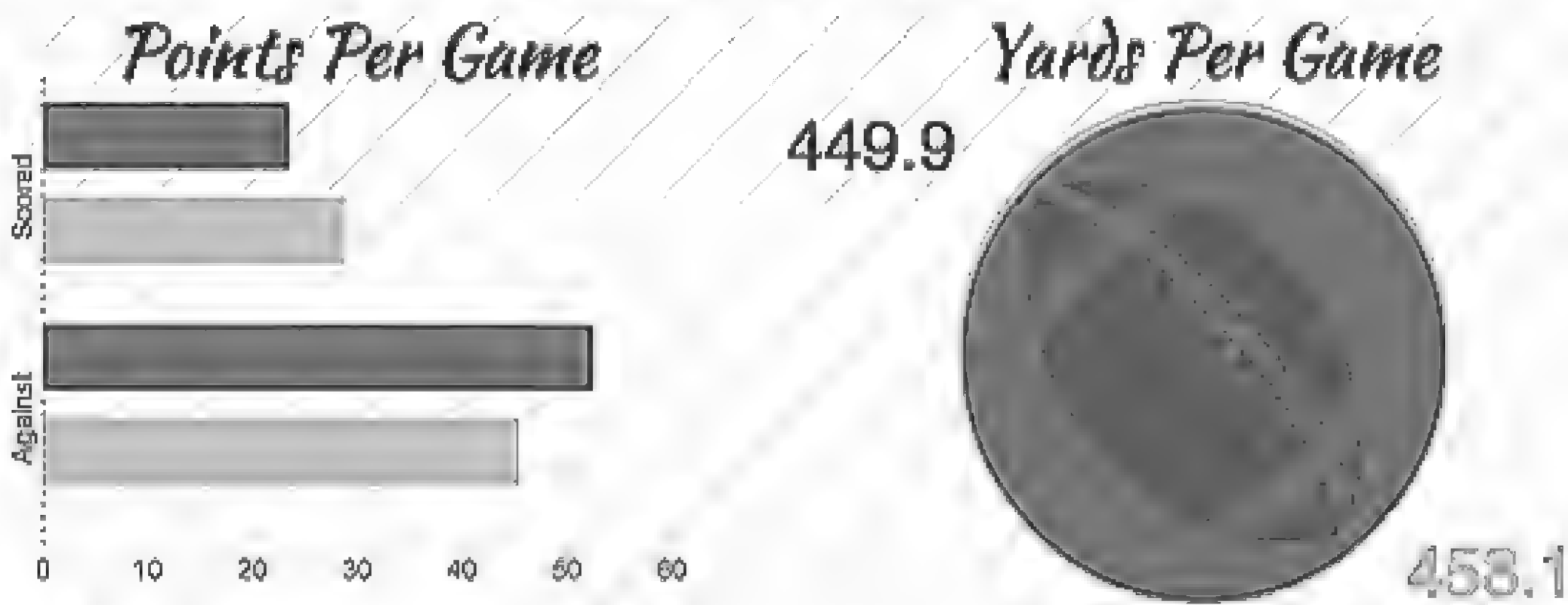




Golden Bears Football

2013 vs. 2014: A step in the right direction

2013-2014 VS 2014-2015



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Golden Bears football team takes a step towards the light

Cameron Lewis
SPORTS EDITOR • @COOOM

Slowly but surely, the Golden Bears football team is dragging themselves out of the basement and are getting closer to head coach Chris Morris' goal of becoming a true championship contender.

After back-to-back winless seasons and a losing streak that spanned from November 2010 to October 2014, the Bears showed Canada West that coming into Foote Field isn't a simple opportunity for opponents to grab an easy win and pad their stats.

"There's just a sense of hope here now," Morris said. "Last year we knew that even with a whole bunch of work we were going to be struggling to win games."

"I think now everyone is under the same impression as I am. If we have another real good year of work and recruitment similar to the last two we've had, we're not going to be just struggling, we're going to be fighting for meaningful games at

the end of the year."

While the success of the 2014 season injected a much needed jolt of optimism in the Bears' locker room, Morris knows the team could have been better.

“Last year we knew that even with a whole bunch of work we were going to be struggling to win games.”

CHRIS MORRIS
HEAD COACH, BEARS FOOTBALL

"We met all the goals we had going into the season," he said. "We wanted to win multiple games, we wanted to compete for the playoffs, but we could've accomplished more."

The Bears were 3-3 after six games, and sat comfortably in third place in Canada West. All they had to do was win one of their remaining games against the Manitoba Bisons

or the Regina Rams and they would have clinched a playoff spot.

The Rams, Bisons and Bears all had an opportunity to grab the final playoff spot heading into the final week of the season. The Bears just needed a win against Regina, or a Manitoba loss, while the Bisons had to defeat Goliath in Calgary. For the Bears, it appeared that even with a loss, the playoffs were in the bag — but the Bisons did the improbable and took down the first placed Dinos.

"The last two games we played, we had every opportunity to win them, but we didn't," Morris said. "I think that's what's frustrating here, especially that last game. We just sort of gave it to them."

"The fact is that we didn't get in because we didn't win a game we needed to win. Sneaking into the playoffs because someone else loses is not the way you want to get into the playoffs. You want to be able to take what you need to get what you want."

The loss against the Rams marked

the end of starting quarterback Curtis Dell's Golden Bears football career. While going out the way he did was disappointing, Dell will be remembered by his coaching staff and teammates as the one who stepped up and turned the ship around for future players to come.

“It's so good to get that first win, especially with the record we've had in previous years.”

CURTIS DELL
BEARS STARTING QUARTERBACK

"He was the one who got that first win for us," Morris said of his quarterback. "I can't say enough about him. There's a lot of good players, but he's a character person. Wherever he goes and whatever organization he's a part of, they should be very happy to have him."

Bears sophomore wide receiver Tylor Henry, who picked up 521 receiving yards this season with Dell

as his battery mate, shared Morris' sentiment.

"The team really struggled all the way till now," Henry said. "He's been a part of this team for a very long time. He brings that mature leadership and I guess you could say he's been the face of the Golden Bears."

While it's difficult to let go and start watching games from the stands, Dell is aware of his legacy as a Golden Bear.

"You can't knock the fact that we finally got our first win in four years," Dell said after he packed up his locker for the final time. "Its so good to get that first win, especially with that record we've had in previous years."

"It was just a building block and a stepping stone in the right direction and something we had to accomplish as a team moving forward to greater success. It's good to be a part of that rebuilding and resurrection of the program."

With files from Richard Catangay-Liew.



2014



RANDY SAVOIE AND MELISSA WEBSTER

Diversions

Design & Production Editor

Jessica Hong

Phone

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Volunteer

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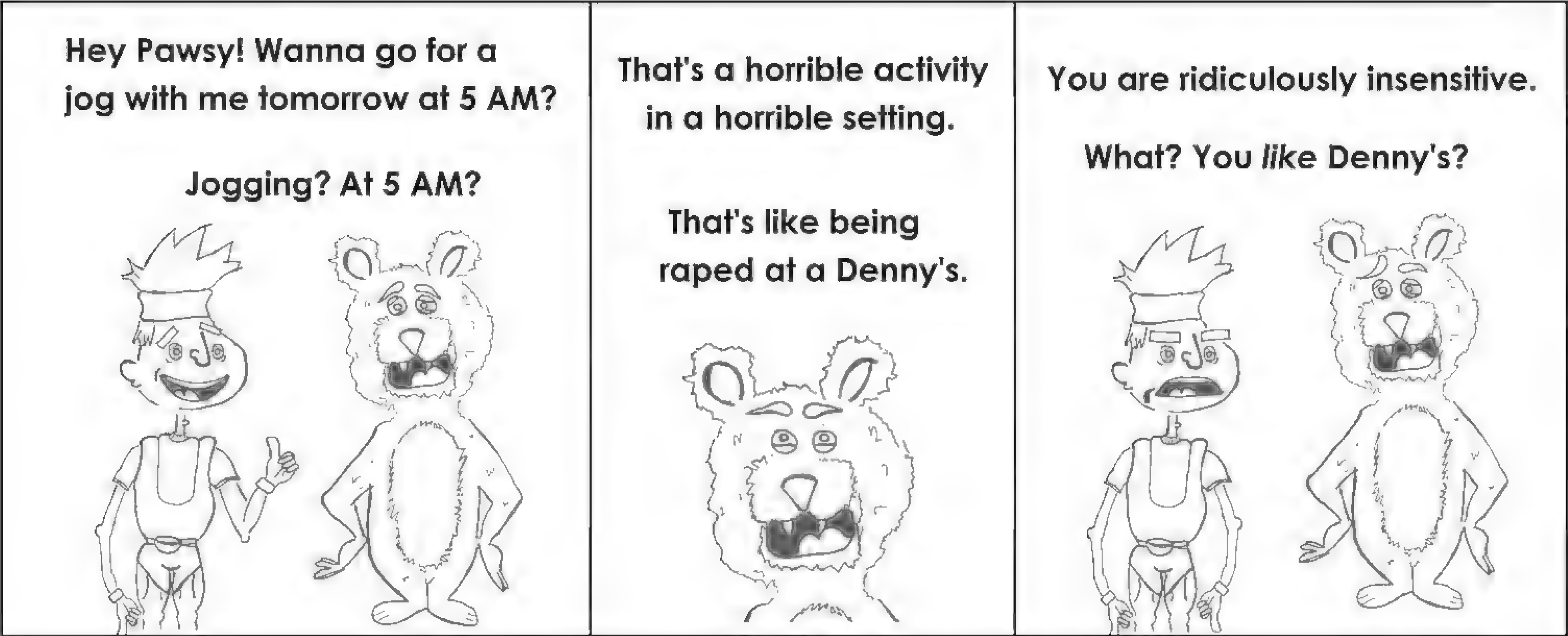
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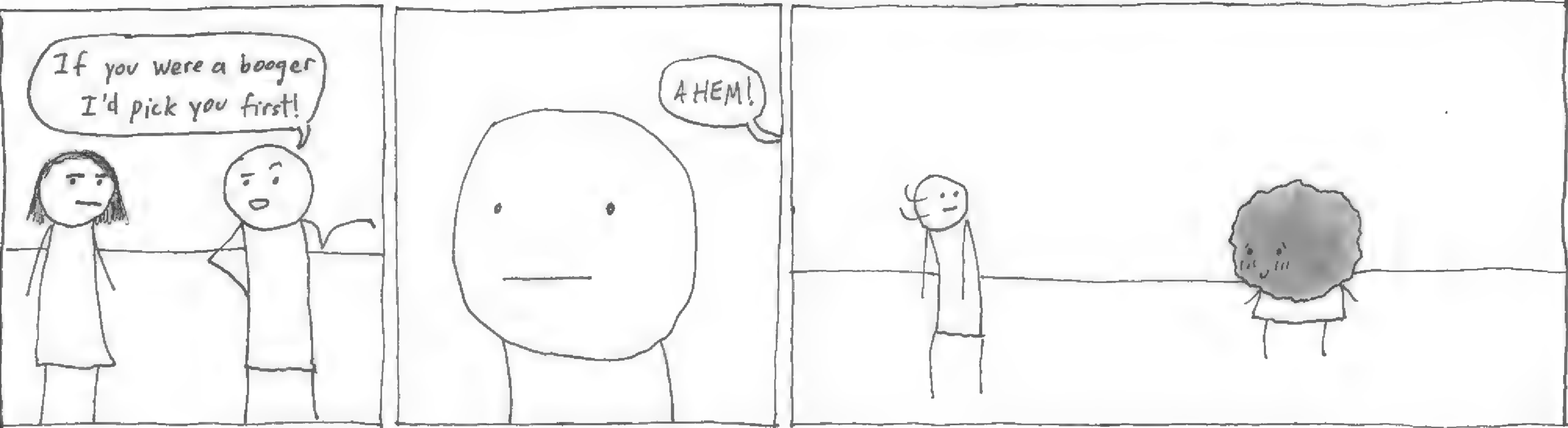
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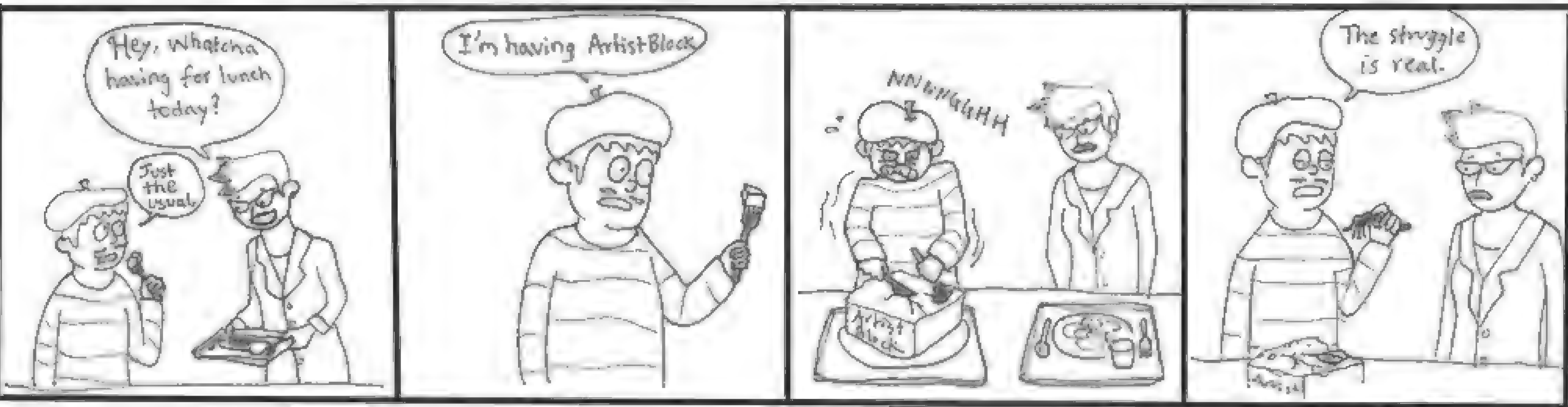
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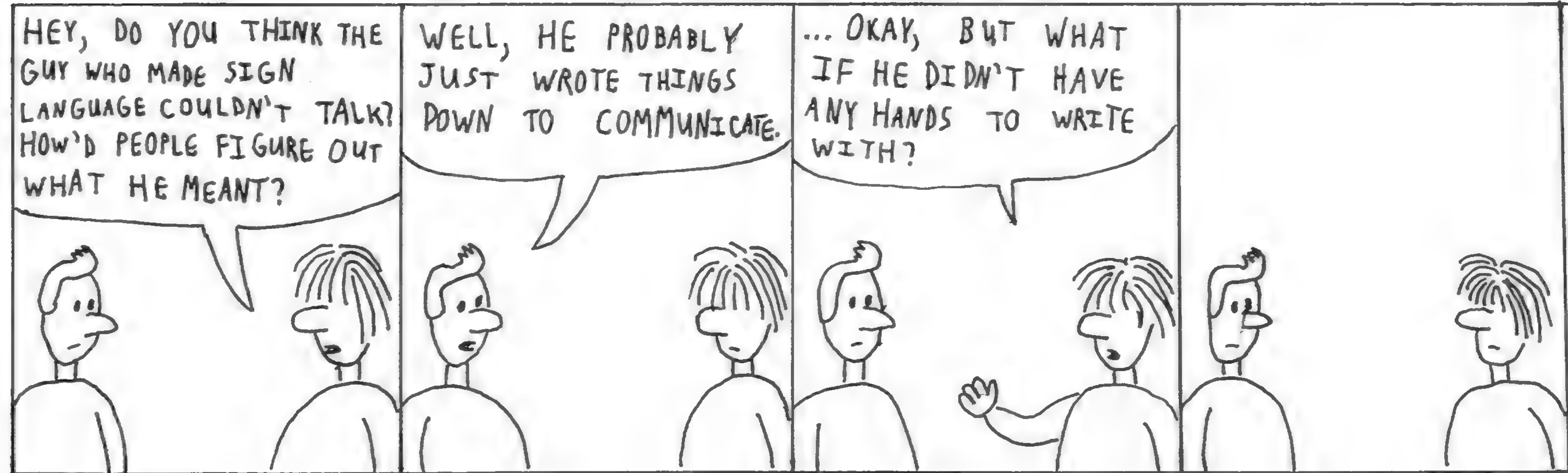
MEDIOCRE AT BEST BY JIMMY NGUYEN



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DESKTOP INK BY DEREK SHULTZ

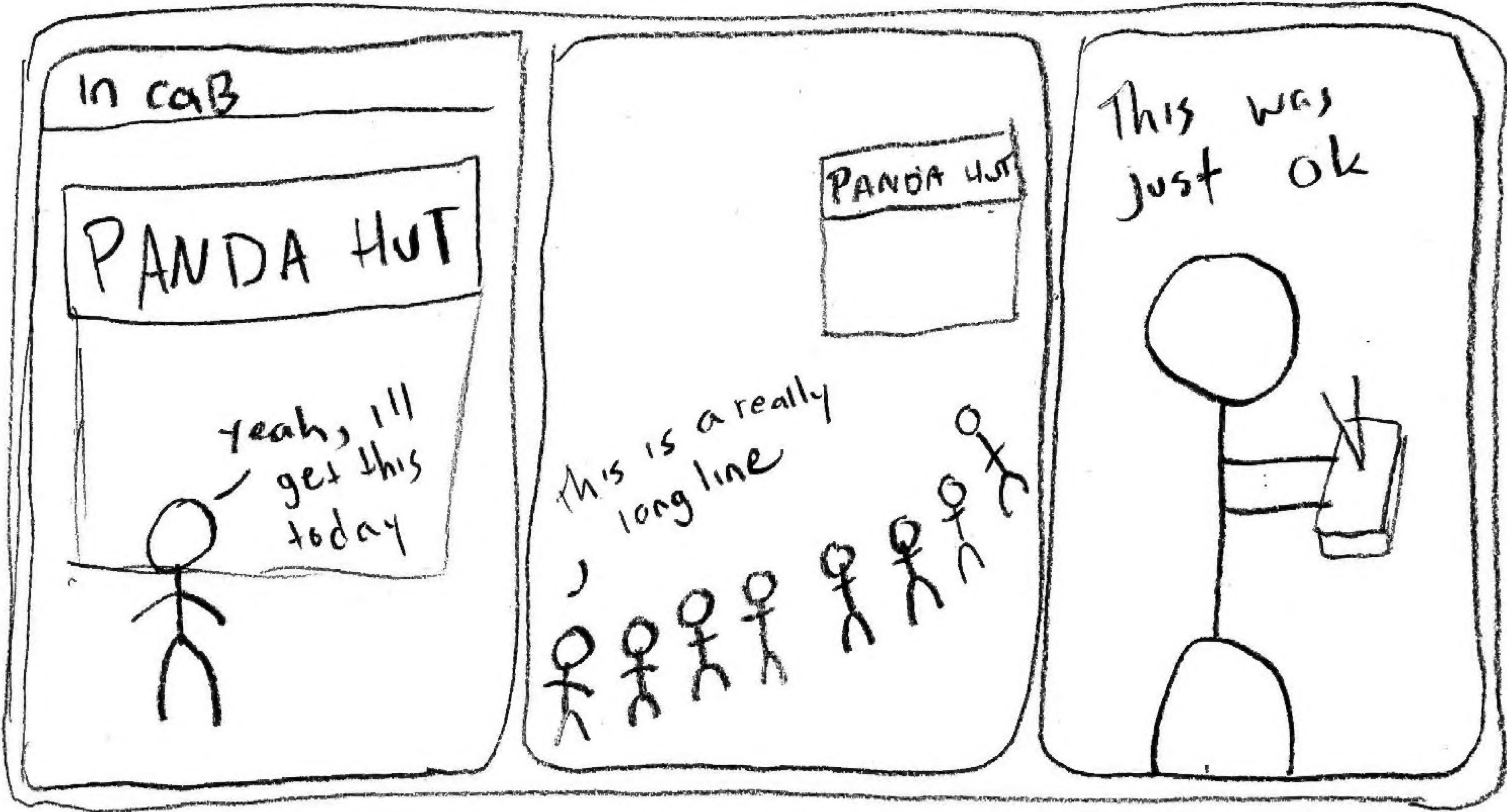


WHERE'S WALTER

(THE HIPSTER WALDO)



JON BY CAM LEWIS



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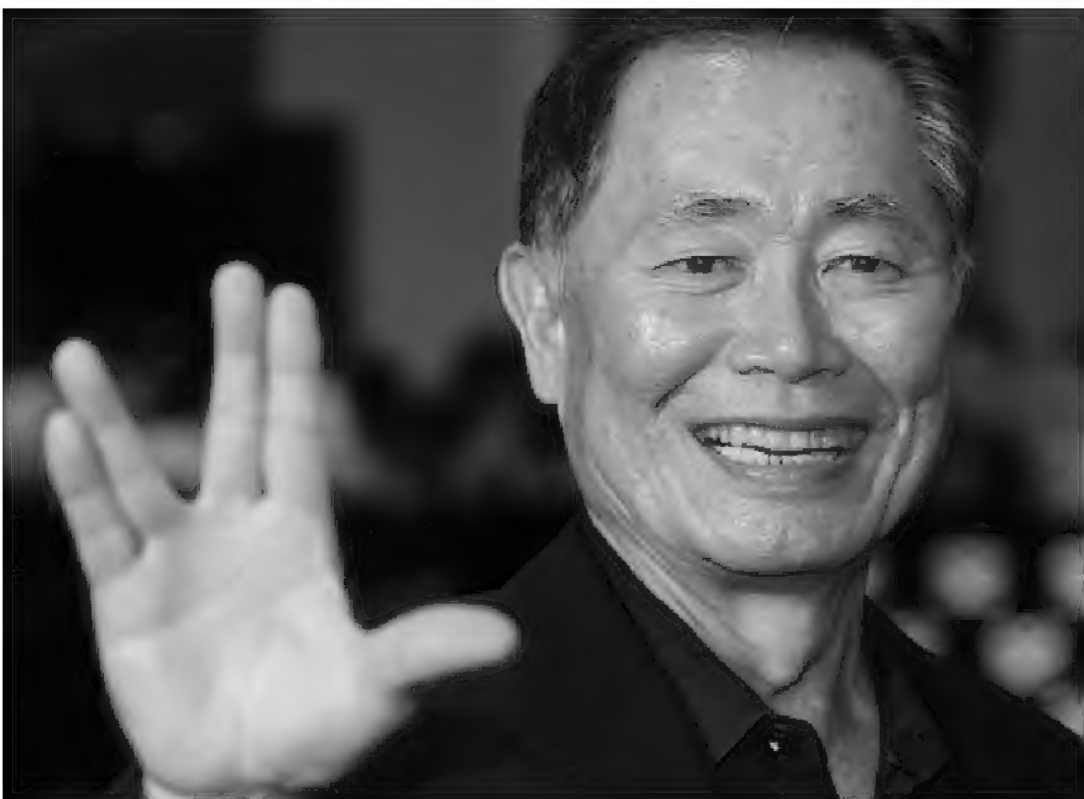


Coherence

November 16 @ 9:30
November 18 @ 9:30
November 21 @ 9:30
November 25 @ 7:00

On the night of an astrological anomaly, eight friends at a dinner party experience a troubling chain of reality bending events. Part cerebral sci-fi and part relationship drama, *Coherence* is a tightly focused, intimately shot film that quickly ratchets up with tension and mystery.

Also on screen this week:
The Two Faces of January
The Notebook
The Blob - DEDfest
Relish Fest: Food On Film - Nov 13-16
Ratatouille - Reel Family Cinema
Wendy & Lucy
Sign Painters - Presented by Graphic Designers of Canada - Alberta North Chapter



To Be Takei

November 17 @ 9:30
November 20 @ 9:30
November 23 @ 7:00
November 26 @ 9:30

Also screening: *Star Trek II: The Wrath of Khan*
November 23 @ 9:00

Oh, my! From outer space to Capitol Hill, from the silver screen to YouTube, the legendary George Takei has blazed his own trail while conquering new frontiers with a beaming trademark grin. *To Be Takei* is a look at the many roles played by the eclectic 77-year-old actor/activist. The film offers unprecedented access to his daily life, his husband/business partner Brad, and chronicles George's fascinating personal journey from Japanese American internment camp to his iconic and groundbreaking role as Sulu on *Star Trek*, as well as his rise to pop culture icon.



Se7en
Presented by Crime Watch
18+ event, no minors
November 18 @ 7:00

7 macabre, Old Testament style murders, 2 mismatched homicide detectives, 1 self-righteous sociopath with a biblical axe to grind, and 1 mysterious box. Put them together, drop them into the urban and moral decay of a bleak New York Cityscape, and mix liberally with a palpable sense of doom, and you get one of the grisliest serial killer crime thrillers of the 90s. With its cast of acting heavyweights, gruesome special effects, and creative typography, *Se7en* helped define a sub genre and earned Fincher filmmaker star-status long before the Academy recognized him for *The Social Network*. And moral of the story? Don't open the box.

Visit metrocinema.org for full listings!

WINTER

GATEWAY HOROSCOPES

BY CAM LEWIS

Taurus



You consume way too many energy drinks. calm down.

Gemini



Try celebrating Kwanza this year.

Cancer:



You'll get McDonald's breakfast on Christmas morning because it's one of the only places open and you'll enjoy it.

Leo



You'll slip on the ice and you'll get up
in a suburb of Kansas City.

Virgo



Be careful, the kids you're babysitting are actually sitting on you.

Libra



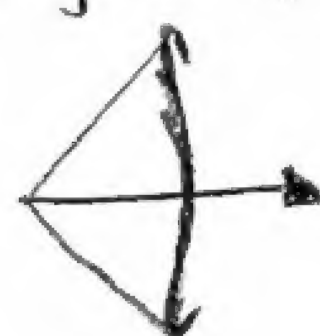
Regardless of how cold it is, try running around outside without any clothes on, it'll be worth it.

Scorpio



Don't dive into a partially frozen lake,
don't be an idiot.

Stagittarus



A snowflake is either a single ice crystal or an aggregation of ice crystals which falls through the Earth's atmosphere.

Capri corn



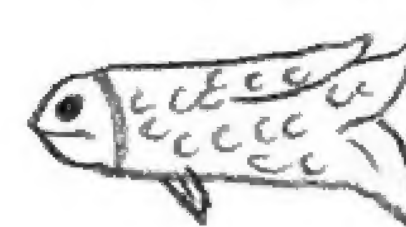
Water freezes at around 0 degrees C, or 32 degrees F, but that doesn't change the fact you hate your job.

Aquarius



Try spending a lot of hours at West Edmonton Mall in the next few days.

Pisces



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